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Vancouver metro

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PATRICK KANE SHOCKER

EVIDENCE BAG LEFT IN MOTHER'S DOORWAY

metroNEWS

Fahmy to teach journalism at UBC

Canadian journalist Mohamed Fahmy with his wife, Marwa Omara. THE ASSOCIATED PRESS

EDUCATION

Journalist released two years after his imprisonment

Thandi Fletcher
Metro | Vancouver

When Canadian journalist Mohamed Fahmy returns to Canada, he will take up a position as an adjunct professor at the University of British Columbia, the school announced Wednesday.

UBC interim president Martha Piper said the university was "thrilled" to hear about Fahmy's release from prison Wednesday following a pardon from Egyptian President Abdel-Fattah el-Sissi, nearly two years after he was arrested in Cairo on widely denounced terrorism charges.

"We look forward to welcoming him to UBC's Vancouver campus this fall," Piper said in a news release. "Mohamed's resiliency during this ordeal is an inspiration to us all."

Fahmy will share his experiences with students on the state of the Middle East as a journalist-in-residence at the university's Global Reporting Centre, as well as a visiting fellow at the W. Maurice Young Centre for Applied Ethics. He is also writing a book about his experiences.

Fahmy was arrested in December 2013. He was among a group of 100 people pardoned by el-Sissi on Wednesday, the eve of the major Muslim holiday of Eid al-Adha.

While it's unclear when Fahmy will return to Canada, Joanna Gislason, his lawyer in Vancouver, said her client is eager to get back on home soil.

Gislason, who was on the phone with Fahmy's brother the moment he walked out a prison on Wednesday, said she felt relieved and exulted when she heard the news.

"It was very emotional," she said. "I hope that this nightmare is finally over for him and he can start living his life."

WITH FILES FROM THE CANADIAN PRESS

'I AM FREE!' MORE ON FAHMY'S RELEASE: PG 11

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Pot shops planning to fight for their right to dispense

MARIJUANA

City expected to approve very few licences

Medical marijuana dispensary owners who stand to be uprooted by Vancouver's sweeping new regulations say they won't disappear without a fight.

Vancouver Coun. Kerry Jang estimated this week that only 15 to 20 dispensaries will be approved after the city processes a whopping 176 applications for business licences.

But owners who are expecting rejection letters say the initial red light from the city will only mark the beginning of a months-long process of appeals and even legal action.

"With any new rules or regulations or licensing, it will take a long time. I do know a lot of dispensaries will file lawsuits," said Chuck Varabioff of the British Columbia Pain Society.

"I'll never file a lawsuit against the city, but I definitely would appeal if I'm told that I have to move."

Jang said in an interview that the city is not imposing a cap on dispensaries, but only 15 to 20 shops are likely to meet its strict requirements — including a clean criminal record and a ban on operating 300 metres from schools, community centres and other pot shops.

The councillor, who first revealed the estimate to local politicians at the Union of B.C. Municipalities convention Monday, said it was his own calculation and not an official figure.

"That's based on me keeping track of all the various players and people who I've observed in the industry for these last few years," he said. "I keep track of who, for example, has been caught selling to minors."

Although Vancouver currently has more than 100 dispensaries, Jang said 15 to 20 would be more than enough to serve the city's medical pot patients.

"Many of them are clustered in the same area," he said. "The new bylaw would make them spread out."

He said the city is set to begin issuing licences in December. Owners who are rejected can then appeal to the Board of Variance, which has authority over council and city committees.

The B.C. Pain Society is one of two dispensaries on Commercial Drive that is within 300 metres of a private school. The other is Vancouver's oldest dispensary, the B.C. Compassion Club Society.

Spokeswoman Jamie Shaw said the compassion club has been serving severely ill and elderly patients since 1997 and has never heard any complaints from the school, which was built several years later.

"Our best guess is that we will be turned down for the licence because of the school. Then we will go to the Board of Variance and hopefully they will understand that we've been here for 18 years," she said. "There's no problem between us and the school. We're part of the neighbourhood."

THE CANADIAN PRESS

Marijuana dispensary owners are prepared for months of legal action. JEFF CHIU/THE ASSOCIATED PRESS

> **"I definitely would appeal if I'm told that I have to move.**
> Chuck Varabioff

ROADS

Woman hit by bus after fall

Thandi Fletcher
Metro | Vancouver

A 24-year-old woman is in hospital with serious injuries after she was run over by a bus on Granville Street on Tuesday.

Vancouver police spokesman Const. Brian Montague said two buses, one of which was out of service, were travelling south on Granville around 6:50 p.m. when the woman was struck near 49th Avenue.

"She was running to catch the bus when she slipped and fell and her legs went out onto the street and underneath the bus," Montague told Metro. "She got run over."

Montague said it's unclear which bus ran over the woman. He said the bus driver pulled over and remained at the scene.

He said the woman was taken to hospital with multiple fractures to both legs, ankles and feet, as well as a dislocated toe.

"It's going to take some time for her to get back to normal," he said.

While the incident might seem like a bizarre incident, Montague said people get run over by buses in Vancouver "more than you would think."

"A lot of people running for buses, and then either as the bus is pulling away, they run up and try to bang on the bus and fall underneath a rear wheel or something," he said. "You think, 'what a freak accident,' but shockingly, I've seen it a number of times."

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Not much backlash for art

PUBLIC CONSULTATION

Majority of people asked had nothing bad to say

Emily Jackson
Metro | Vancouver

The design of a $450,000 public art piece for Empire Fields and Plateau Park appears to have been met with a collective shrug when the park board consulted the public this summer.

Residents got a chance to comment on "Home and Away," a 14.6-metre tall, bright sculpture designed to look like bleachers with two sets of scoreboards, after the park board delayed the project in May.

It postponed the art by a Seattle-based team citing fears that the public didn't get an adequate say.

But the consultation that followed indicates they might have overreacted, according to a staff report that recommends the board approve the installation of the artwork.

A rendering of Home and Away, a $450,000 sculpture planned for the new park at Empire Fields and Plateau Park. CONTRIBUTED

At the park's official opening in July, about 200 of the 400 attendees stopped by to chat about the art with the artists and park board staff, according to the report.

The vast majority — an estimated 91 to 93 per cent — were either curious, had no comment or expressed support. The remaining seven to nine per cent were concerned about the costs, negative social activities, maintenance costs and (of course) that the sculpture could block their views.

Staff posted 100 notices at libraries, placed 1,000 invite cards at community centres and communicated by social media to let people know about the consultation opportunity at the official opening. They also held a presentation at Library Square, attended by 35 people whose comments were "supportive."

Staff will recommend the board approve the art at their meeting on Monday.

"It is a contemporary, open structure that references a proud history of park structures and activities, providing additional seating and views almost equal to those available on adjacent Playland rides," according to the report.

The art is fully funded by the city's capital budget. Other public art has similar costs, including the $400,000 birds at Olympic Village.

IN BRIEF

Man arrested after alleged sex assault

A 24-year-old man has been arrested after police allege he sexually assaulted a woman at Kwantlen Polytechnic University while posing as a massage therapy student.

Mounties in Richmond say the incident happened shortly after 8:30 p.m. on Sept. 16 when the suspect allegedly approached a 19-year-old female student and said he was a massage therapy student conducting a survey.

After completing the survey, police said he told her she had won a complimentary massage. Instead, police allege he sexually assaulted her.

Around 1 p.m. on Tuesday, police arrested a 24-year-old man in connection with the incident.

Police said he is not known to them and he is not a Kwantlen student.

Investigators are asking anyone else who may have been a victim to come forward.

THANDI FLETCHER/METRO

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PARK BOARD

Vancouver seniors centre overcomes legal hurdle

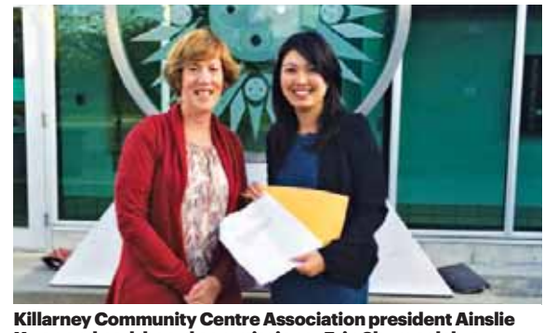
East Vancouver seniors are one step closer to getting the seniors centre they've been promised for a decade after a breakthrough in negotiations between the park board and the Killarney Community Centre Association.

The parties announced Wednesday that both signed a document that confirms the park board's ownership of the $7.5-million facility but does not outline the association's role as an operator.

That was a "leap of faith" for the association because it wants to run the centre and, due to a longstanding legal battle with the park board over its joint operating agreement, fears it will be pushed out, president Ainslie Kwan said.

But parks and recreation manager Malcolm Bromley and park board chairman John Coupar promised they don't want anyone else to run the centre, Kwan said, so the association decided to believe them in order to get the ball rolling on construction.

"We're signalling we want to repair the relationship, we want to move forward, we've given up the right to ownership," she said.



Killarney Community Centre Association president Ainslie Kwan and park board commissioner Erin Shum celebrate signing an agreement that allows for progress on building a $7.5-million seniors centre. TWITTER

> **We're signalling we want to repair the relationship.**
> Ainslie Kwan

Kwan cited the departure of city manager Penny Ballem as a reason for breaking the stalemate.

"With Penny Ballem no longer being at the City of Vancouver, I believe that the tone has changed," she said, adding Ballem was at the helm of some of the negotiations.

"With her no longer in the picture, we're hoping that some of the steadfast positions that she held will be negotiable."

Kwan declined to elaborate on specific issues where Ballem wouldn't budge.

The park board issued a statement celebrating the agreement. It can now issue a request for proposals and intends to select a builder by January 2016.

It will take an estimated three years to complete the entire design and construction process.

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B.C. SUPREME COURT

Widow launches lawsuit over crash

The wife of a cyclist who died in an accident north of Whistler is suing the driver of the vehicle and its owner for negligence.

Ross Chafe was cycling on Highway 99 about 50 kilometres north of Whistler when he was struck and killed by a car on May 31.

The collision also claimed the lives of fellow cyclist Kelly Blunden and Paul Pierre Jr., who was the front-seat passenger in the 1995 Chevrolet Cavalier.

In a statement of claim filed in B.C. Supreme Court, Chafe's spouse Lizanne Bussieres alleges Samuel Alec was negligent and drove the car while intoxicated or impaired.

She also alleges the vehicle's owner Carmen Ned knew Alec was impaired and allowed him to use the car, which was not properly maintained.

The allegations have yet to be tested in court, and neither Alec nor Ned have filed statements of defence.

The statement of claim says Bussieres filed the action under the Family Compensation Act for the benefit of herself and Chafe's three children who are 17, 15 and 11 years old.

Bussieres says she and her children are seeking relief for the loss of guidance, support, household assistance and inheritance.

She is also seeking special damages for funeral and memorial services.

RCMP announced in August that Alec was charged with a number of offences, including impaired driving causing death, criminal negligence causing death and failing to remain at an accident scene.

THE CANADIAN PRESS

Ross Chafe FACEBOOK

DUMPING

Demonstrators fighting biosolids

Groups against the dumping of treated human waste near Merritt are taking their case to the Union of B.C. Municipalities convention, underway in Vancouver.

First Nations and members of Friends of the Nicola Valley are demonstrating outside the convention, hoping to convince delegates that dumping the biosolid material is unsafe.

In April, four First Nations chiefs and a representative of a fifth chief occupied Premier Christy Clark's constituency office in West Kelowna over the spread of biosolids on private and public lands in the Nicola Valley.

The area receives biosolids from the Regional District of Central Okanagan.

BioCentral, the company contracted to spread the biosolids, has said the waste is used around the world to rejuvenate soil.

Delegates with the Thompson-Nicola Regional District have filed a motion at the convention, demanding the province end the "laundering" of biosolids on Interior lands.

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A woman walks past a voting station during last year's civic election in Vancouver. EMILY JACKSON/METRO

Youth vote under scrutiny in province

NUMBERS

Low turnout 'depressing' for pollster as election looms

Matt Kieltyka
Metro | Vancouver

The NDP enjoys healthy support among young B.C. voters aged 18 to 34 — 32 per cent, compared to 24 for the Liberals, 12 for the Conservatives and eight for the Greens — according to a new Insights West poll released at a time when their lack of engagement is under scrutiny.

According to an Elections BC report released this week, just 36.23 per cent of registered voters aged 25 to 34 voted in this year's regional plebiscite on transit funding.

That age group also had the lowest turnout, 39.8 per cent, during the 2013 provincial election.

While young voters' opinions in polls are typically accurate and representational, Insights West vice-president Mario Canseco admitted low turnout is a challenge.

"If you look at the plebiscite numbers, it was just depressing. The ballot came to you," said Canseco.

Turnout among 18- to 24-year-olds and 35- to 44-year-olds was noticeably higher in both the plebiscite and the 2013 B.C. election compared to the 25- to 34-year-old group.

Canseco said he believes that is because the youngest cohort is often expressing its right to vote for the first time and is surrounded by politics at post-secondary schools, and the older group is becoming concerned about paying off student debts and taking an interest in politics because taxes start "to hit them in the wallet."

Polls have shown many who fall between those groups say they don't have time to pay attention to politics, or don't have enough understanding of the political system or candidates to participate, Canseco said.

RESIDENTS LEAN TOWARD NDP

If the federal election were held today, 34 per cent of decided voters in B.C. would vote for the NDP candidate in their riding, compared to 28 per cent for the Conservatives, 26 per cent for the Liberals and 11 per cent for the Green party.

However, the poll results show a seven-point drop in NDP support and a six-point increase for the Conservatives since Insights West last gauged B.C. support in August.

Regionally, 34 per cent of Metro Vancouver and Fraser Valley voters support an NDP candidate, followed closely by Liberals (30 per cent) and Conservatives (28). SOURCE: INSIGHTS WEST

SURREY

NDP urges action on shootings

RCMP investigate a shooting in Surrey in April.
SHANE MACKICHAN/FOR METRO

The provincial NDP believes a string of shootings in Surrey represents a "crisis of public safety" and wants Premier Christy Clark to get involved.

Opposition Leader John Horgan, justice critic Mike Farnworth, and Surrey NDP MLAs Harry Bains and Sue Hammell wrote to Clark's office on Wednesday.

"It is the provincial government's responsibility to take immediate steps to restore order and public safety," the letter reads.

"We request that you immediately ask the RCMP, as provided for in the 2012 RCMP Agreements, to redeploy resources from throughout the country to respond to the Surrey crisis. Families in Surrey cannot wait the months required to train new RCMP officers."

There have been as many as 44 shootings and three homicides in Surrey so far this year, many of them linked to a dispute between two drug trafficking groups.

The NDP also calls for an RCMP task force to deal with gun violence and for the creation of a Surrey Accord, similar to Vancouver's charter.

A request for comment from the Premier's Office was not returned by Metro's deadline.

MATT KIELTYKA/METRO

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Asia-Pacific

HONG KONG	SHANGHAI	BEIJING	SEOUL	DELHI	TOKYO-NARITA
$1153	$737	$986	$1029	$1107	$1041
SEPT. 23, 2015 – NOV. 30, 2015 JAN. 4, 2016 – MAY 24, 2016	OCT. 26, 2015 – DEC. 4, 2015	OCT. 22, 2015 – DEC. 7, 2015 DEC. 30, 2015 – APR. 18, 2016	NOV. 1, 2015 – DEC. 9, 2015 JAN. 1, 2016 – JAN. 31, 2016	NOV. 1, 2015 – DEC. 10, 2015 DEC. 24, 2015 – MAY 5, 2016	OCT. 5, 2015 – DEC. 10, 2015

Latin America

SÃO PAULO	RIO DE JANEIRO	SANTIAGO	BOGOTA	LIMA	PANAMA
$706	$705	$1052	$1048	$1054	$756
SEPT. 27, 2015 – DEC. 16, 2015	SEPT. 27, 2015 – DEC. 16, 2015	OCT. 1, 2015 – DEC. 10, 2015	SEPT. 30, 2015 – NOV. 30, 2015 JAN. 17, 2016 – APR. 30, 2016	OCT. 7, 2015 – DEC. 6, 2015 JAN. 13, 2016 – APR. 30, 2016	SEPT. 30, 2015 – DEC. 10, 2015 DEC. 29, 2015 – FEB. 26, 2016

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UNION OF B.C. MUNICIPALITIES

Cities lobby province with united front on voting, environment

Emily Jackson
Metro | Vancouver

Local politicians from B.C.'s large and small communities have teamed up to lobby the provincial government for an environmental bill of rights, Internet voting and help for people with mental health issues.

These are just a few of the resolutions that were passed at the Union of B.C. Municipalities conference in Vancouver on Wednesday.

The annual meeting lets politicians speak with a united voice when asking the province for policy changes — and often cash.

Municipalities passed a motion asking the province to create an environmental bill of rights that recognizes residents' rights to clean air, water, food and ecosystems.

It wants such a bill to ensure the public has "access to justice" when environmental rights are infringed. Some politicians worried this could lead to lawsuits.

In a bid to increase voter turnout, which tends to be pretty pitiful in municipal elections, cities called on the province to implement online voting before the next local election in 2018.

The resolution was almost defeated due to fears of security, but it ultimately passed with support of those who believe it will make it easier for seniors, people with disability and snowbirds to vote.

But that doesn't mean it's going to happen. The UBCM called on the province to look into online voting in 2011. It created an independent panel to study the idea, which was ultimately rejected in February 2014.

The UBCM also asked the province to step up the resources dedicated to mental health and addiction. Politicians called for more spending at facilities that help people with these problems.

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Meru plays at this year's Vancouver International Film Festival. CONTRIBUTED

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ARTS AND CULTURE

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Graeme McRanor
For Metro | Vancouver

Sure you can go see Everest in 3D at your local IMAX — but wouldn't you rather see a climbing film that's more than just a collection of vertigo-inducing special effects and well-known actors wrapped up like down-stuffed burritos?

Okay, I'm probably not giving the film a fair shake, but if I'm going to figuratively climb a mountain with a group of strangers, I'm putting my money on the documentary Meru, which won a documentary audience award at Sundance and plays next week at the Vancouver International Film Festival (screens Saturday and Tuesday, Sept. 29).

The film follows all-star climbers Conrad Anker, Jimmy Chin and Renan Ozturk as they attempt to summit the 20,700-foot Meru which, as the film's publicity states, "may not be a giant mountain in Himalayan terms. But real climbers know that to ascend the central peak by way of the Shark's Fin is far more challenging than Everest, involving several days on a sheer rock face in subzero temperatures. This is no place for Sherpas. What you bring, you carry.

"When (they) attempted it in 2008, a snowstorm trapped them in their tent, hanging by ropes off the side of the cliff, for three nights and four days.... Chin vowed he would not be coming back. But his friend and mentor had a different idea."

Sticking with the doc format, you might also want to check out the latest feature from award-winning director Charles Wilkinson (Oil Sands Karaoke, Peace Out, Down Here). Haida Gwaii: On the Edge of the World, won Best Canadian Documentary at this year's Hot Docs International Documentary Festival.

SHIFTING
VIFF starts today and runs until Oct.9. More info at VIFF.org.

Wilkinson explains: "This is one of the last, most perfectly natural places on Earth — a place that has survived for over 10,000 years through wildly fluctuating sea levels, climate change and cultural genocide. But now this paradise is being assailed by a series of interrelated threats.

"The film presents an inspiring look at a group of remarkable characters working to turn their economy around, stop the fleet of oil laden tankers targeting their sea lanes, and restore balance to the islands for the next generation — or at least die trying."

Culture Days

Now in its sixth year, Culture Days offers more than 230 activities in Metro Vancouver, with programming representing all disciplines and cultural interests. We're talking music, dance, visual arts, architecture, film, literature — the list goes on. It starts tomorrow and runs until Sunday. More information at BC.CultureDays.ca.

4our

Check out this world premiere from JOE INK and Vancouver choreographer Joe Laughlin on stage at the Scotiabank Dance Centre Oct. 1-3 (preview Sept. 30). More infomation at JoeInk.ca. Tickets at TicketsTonight.ca.

LIQUOR POLICY

City may loosen restrictive booze sale laws

It's still illegal for Vancouver breweries to sell wine or distilleries to sell cider, even though B.C. changed the rules this summer to allow craft liquor producers to sell booze made offsite.

Vancouver Coun. George Affleck wants the city to axe the bylaw that prevents local breweries, wineries, distilleries and cideries with licensed lounges from selling anything but what they make onsite.

Affleck is putting a motion before council next week asking staff to speed up the process of implementing the new provincial law.

"In order for us to have a level playing field with our competitors outside Vancouver, I'm asking to fast track this," Affleck said Wednesday.

It puts local businesses at a disadvantage when they can only serve one type of alcohol, especially if they're hosting special events such as weddings or corporate functions, Affleck said.

"If we delay we're harming those craft places.… Why not just get it going?"

The city is in the midst of reviewing its liquor policy, corporate communications Jag Sandhu said in an email. It will consider aligning its bylaw with the new provincial rules pending what council does with Affleck's motion. EMILY JACKSON/METRO

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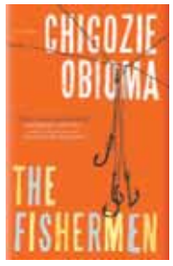

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

VOTER PROFILE

Name: Melanie Hnatyshyn **Age:** 31 **Riding:** Calgary Centre
Her issues: Refugees, energy, education, Senate reform

Pondering change in Conservative country

ROSEMARY WESTWOOD
in Calgary

Melanie Hnatyshyn sits in the shadows of dozens of glassy downtown-Calgary highrises, in the financial heart of the oil industry, in a riding that's voted some shade of conservative blue for decades, and ponders change.

"I would say, yeah, I would say we need change. Sometimes just a new face, just maybe a new leader," she says, almost with a note of surprise.

Her tone is understandable, given the entrenched views of a city where, as she describes it, many inherit politics like they inherit family heirlooms.

Hnatyshyn (the "H" is silent) was born in Winnipeg and moved to Calgary for university. At 31, well into her career — she's a development engineer for a major energy company — and despite Calgary's progressive mayor, Naheed Nenshi, Hnatyshyn says some of her friends are wary of discussing alternate political views in a culture attached to the idea that federal right-wing politics are best for business.

"They feel like they can't maybe openly discuss things with the typical person in Calgary. That Conservative majority is just so prevalent."

Hnatyshyn hasn't decided who to vote for, or whether she's willing to vote strategically, but she has a shortlist of issues she's watching.

The first is the refugee crisis. She's heard how many Syrians the various leaders propose to bring in, but wants more detail on the plans, and fuller explanation of the Conservatives' response thus far. "If it's driven by economics and budget, it'd be nice if they explained that," she says.

A pragmatist and self-identified planner, Hnatyshyn's also looking for a party with a well-rounded vision for the future of the energy industry — one that offers more stability. "In the U.S., they're not as affected by the low oil prices as we are in Canada. They're trying to be energy independent and have a long-term view and have secure jobs, whereas Canada seems to be at the whim of the fluctuations of oil and gas market prices."

She'd also like politicians to tackle the imbalance between university costs and employment prospects. She'd like to see a strategic, and once again, long-term look at education and how to better funnel young people into paths that offer prospects, instead of joblessness or low-skilled work.

She mentions, finally, the tangled issue of Senate reform. She watched spokespeople for the three major parties discuss the subject on the news the other day.

"It seemed like all of them wanted to do something about reforming the Senate, but no one was holding themselves to any promises. You feel like if nobody's going to take a stand on the Senate, what does that say about all the parties? Politics on top of politics."

Aside from what each party is saying they'll do, Hnatyshyn is also trying to figure out how much she can trust politicians to deliver. She wonders about the Conservatives' about-face on fast-tracking Syrian refugees. But it's also informing her voting strategy. "Keep your mind open, because I don't know, maybe some of the parties will be more flexible depending on what they think people want to hear, right up until the election."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow she's in Edmonton.

Arts 'ignored' on economic stage

POLICY

Funding cuts prevail despite surge in GDP

Stephanie Taylor
Metro | Halifax

A familiar cloud of disappointment settles in for George Pothitos in what's shaping up to be yet another federal election with little mention of the arts on Canada's economic stage.

While the prime ministerial hopefuls travel the country, shaking hands and promising new economic growth, the award-winning artistic director of Neptune Theatre in Halifax busies himself with the latest production of the classic, Great Expectations.

But when the soft-spoken Pothitos sits down to discuss what's at stake when funding for the arts is largely ignored from the policy agenda, he pleads a business case, not a poem.

"We're not some handout," he says.

"The perception that it's charity has to cease. We have to look at (arts) as an investment."

In the past nine years, Pothitos says, the theatre's funding from the Canada Council for the Arts has been cut as the pool of money remains stagnant.

Arts and culture funding briefly flared up as an election issue in 2008 in response to the Conservatives having made nearly $45 million in cuts.

Performers appear on stage at Halifax's Neptune Theatre.
JEFF HARPER/METRO FILE

Pothitos believes that's ironic, considering the $7.37 million the theatre and its patrons — who dined at nearby restaurants, bars, and doled out cash at other businesses — pumped into Nova Scotia's economy during the 2013-14 season, according to the theatre's latest economic-impact study.

> **Sometimes giving money to the CBC and to Canada Council isn't quite enough.**
> George Pothitos

Another report, by the Canadian Arts Coalition, claims the arts sector was responsible for $48 billion dollars' worth of GDP in 2010, and employed 650,000 people across the country — just under four per cent of the country's total employment.

"It's typical to see the arts more or less ignored, for some reason," explains Jeff MacLeod, a professor of political studies at Mount Saint Vincent University.

Leaders of all political stripes "don't embrace (arts), they don't see it reflected in the population or the electorate, he says, "so there's no political gain; therefore, it dies from policy neglect."

Earlier this week, Liberal leader Justin Trudeau announced that investment in the Canada Council for the Arts would double to $360 million per year under a Liberal government, with $150 million extra invested in CBC/Radio Canada.

But, Pothitos says, "sometimes giving money to the CBC and to Canada Council isn't quite enough."

MacLeod agrees, explaining that a truly healthy arts policy would devise ways to nurture a base of creative minds. One idea he offers is a national strategy to hire art teachers in schools.

The risk, he warns, is a loss of Canadian culture itself.

BY THE NUMBERS

What art means to the economy

$36,300
Average Canadian Income

VS

$22,700
Average Canadian arts-worker income

10 MILLION
Canadians visited galleries and museums in 2010

60% of Canadians attended a live music event, theatre performance or cultural festival in 2010

$153.7 MILLION
in grants was doled out by the Canada Council for the Arts to artists and organizations across the country in 2013-2014

Canadians spent

$1.4 BILLION
on live performing arts

VS

$600 MILLION
on live sporting events

SOURCES:
CANADA COUNCIL FOR THE ARTS
HILLS STRATEGIES RESEARCH INC.

ELECTION 2015

Mulcair clarifies his stance on niqabs

NDP Leader Tom Mulcair is urging tolerance and a calmer discussion about face coverings when applying for Canadian citizenship.

In a speech Wednesday, he said he backs a requirement that women show their faces at some point in the citizenship process — but not at the citizenship ceremony, as the Conservatives would hope.

"I understand that many view the niqab as a symbol of the oppression of women.

"And on that, let me be clear: No one has the right to tell a woman what she must — or must not — wear," Mulcair said.

"I am in agreement with the existing rule under which anyone seeking citizenship must uncover their face to identify themselves before swearing the oath, in accordance with their religious beliefs."

The Conservatives want women to be required to show their faces not only at a point during the process of applying for citizenship, but also during the citizenship ceremony itself.

The federal government is fighting a court ruling that threw out the requirement for uncovered faces at citizenship ceremonies.

Mulcair's speech comes a day before a leaders' debate in Montreal and was organized at the last minute in a bid to clarify the NDP position on the veil. The issue is particularly controversial in Quebec, the NDP's main support base.

The federal government is fighting a court ruling that threw out the requirement for uncovered faces at citizenship ceremonies. The government is seeking to take that Federal Court of Appeal decision to the Supreme Court of Canada and wants the decision stayed while it appeals.

Earlier Wednesday, Mulcair was also asked whether he would support a Conservative minority government.

"There isn't a snowball's chance in hell," he said.

THE CANADIAN PRESS

"No one has the right to tell a woman what she must — or must not — wear.
NDP Leader Tom Mulcair

Journalist Mohamed Fahmy hugs his wife Marwa Omara after being released in Cairo, Egypt, Wednesday.
AMR NABIL/THE ASSOCIATED PRESS

Fahmy goes free

EGYPT

Imprisoned Canadian granted pardon

Nearly two years after his arrest in Egypt on widely denounced terrorism charges, Canadian journalist Mohamed Fahmy walked out of prison a free man on Wednesday, following a presidential pardon.

Fahmy and his colleague and co-accused Baher Mohamed were among 100 people — including dozens of prominent human rights activists — pardoned by President Abdel-Fattah el-Sissi.

"I am free! This time for real! Cops dropped me at CAC my old high school in my prison garb. Party Time! #FreeAJStaff" Fahmy tweeted moments after his release.

Speaking later to reporters, Fahmy said he still "can't believe it."

"We have not digested the fact that we are free; we don't have to worry about anything else," he said. "Our families have suffered so much since the beginning of this trial and we're very happy that el-Sissi took this action and released us."

His wife, Marwa Omara, said she was visiting Fahmy in prison when she learned the news of his pardon from a TV set that was on.

"I was scared for his health from too much joy," she said, adding that the first thing they plan to do is have a large wedding party to celebrate their recent marriage.

Fahmy's lawyer said she was delighted that the journalist was finally free.

"It has been a long ordeal, and we are grateful to President Sissi for exercising his power to pardon the two journalists," Amal Clooney said in a statement.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

WHERE THE LEADERS ARE THURSDAY

● Conservative Leader Stephen Harper, NDP Leader Tom Mulcair, Liberal Leader Justin Trudeau and Green Leader Elizabeth May will all be in Montreal to participate in the French-language leaders' debate. Bloc Québécois Leader Gilles Duceppe will also be taking part.

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EU chief urges end to 'chaos'

REFUGEE CRISIS

Squabbling nations told to co-operate, secure borders

European Union President Donald Tusk urged divided EU nations to set aside their differences and work together to secure the bloc's borders as Europe struggles with its biggest refugee emergency in decades.

About half a million people have fled to Europe so far this year in search of sanctuary or jobs. As numbers swell, nations have tightened border security. Hungary has a razor-wire fence along its border with Serbia.

Countries in eastern Europe with little recent experience of migration are trading barbs over who is to blame, while Balkans neighbours Serbia and Croatia — who were at war in the early 1990s — issued threats and ultimatums.

> **The current 'migration policy' is a sum of despair of the victims fleeing war and persecution ... of the cynicism of the smuggler.**
> European Union President Donald Tusk

"We must prepare a concrete plan, which must finally appear in place of the arguments and the chaos we have witnessed in the last weeks," Tusk told reporters before chairing the summit.

"The most urgent question we should ask ourselves tonight is how to regain control of our external borders. Otherwise it does not make sense to even speak of a common European migration policy."

As the leaders headed to Brussels, a further 5,000 migrants were converging on the Austrian border with Hungary, police said.

Serbia, meanwhile, gave EU member Croatia an ultimatum to reopen its border for all cargo transport by midnight Wednesday or face unspecified retaliation.

Among the outstanding issues that Tusk, the summit's official host, wants addressed is increasing assistance to EU member nations that are receiving the brunt of the refugee influx, and improving co-operation with non-EU countries in the Balkans and Turkey, which is now home to almost two million migrants — many of whom have fled Syria's civil war.

Tusk also wants to discuss diplomatic efforts to end the Syria conflict. THE ASSOCIATED PRESS

People arrive on the Greek island of Lesbos during rainfall Wednesday, after crossing the Aegean Sea from Turkey on an inflatable dinghy. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

IN BRIEF

Cholera outbreak in Iraq

War-weary Iraq is struggling with a growing cholera outbreak.

As of Tuesday, at least 54 cases had been confirmed in Baghdad, as well as in the southern provinces of Najaf, Diwaniyah, Babil and Samawah, a Health Ministry spokesman said.

The cause lies partially with Iraq's antiquated and badly maintained water and sewage systems.

THE ASSOCIATED PRESS

UN Ebola response to continue into 2016

The United Nations says it's now planning for Ebola response activities to last into 2016, suggesting the battle against the virus won't be over by year-end after all.

In a report released Wednesday by the World Health Organization and its humanitarian partners, health officials said that there are plans for the Ebola response to continue until midyear 2016.

The report comes as Sierra Leone and Guinea struggle with a resurgence of cases. THE ASSOCIATED PRESS

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SKY WATCH

Moon to put on a rare double

Get ready for a rare double feature this weekend, starring our very own moon.

A total lunar eclipse will share the stage with a so-called supermoon Sunday night or early Monday, depending where you are. That combination hasn't been seen since 1982 and won't happen again until 2033.

When a full or new moon makes its closest approach to Earth, that's a supermoon. Although still about 220,000 miles away, this full moon will look bigger and brighter than usual. In fact, it will be the closest full moon of the year, about 30,000 miles closer than the average distance. (The moon's orbit is far from a perfect circle.)

2018

There won't be another total lunar eclipse until 2018.

The full eclipse of the moon will last more than an hour and be visible, weather permitting, from North and South America, Europe, Africa and western Asia.

This weekend's eclipse marks the end of a tetrad, or series of four total lunar eclipses set six months apart. This series began in April 2014.

The 21st century will see eight of these tetrads, an uncommonly good run. From 1600 to 1900, there were none.

Observatories are marking the celestial event with public telescope viewings, although magnifying devices won't be necessary; the eclipse will be easily visible with the naked eye. Astronomers are urging stargazers to simply look to the east.

In Los Angeles, Griffith Observatory also will serve up Beethoven's "Moonlight Sonata" on the piano and other moon-themed music.

NASA will provide a live video feed of the entire eclipse. THE ASSOCIATED PRESS

MIDDLE EAST

Syrian rebels fear defection

U.S.-trained rebels who recently returned to Syria said Wednesday they have lost contact with one of their officers and that they are investigating reports that he defected and handed over his weapons to al-Qaida's branch in the country.

The U.S. military said it had no indication that any U.S.-trained fighters have defected.

The allegations come only days after the group of about 70 rebels returned to Syria after training in Turkey as part of the U.S. program to train and equip rebels to take part in the fight against the Islamic State group.

Defection among the ranks of U.S.-trained rebels would be an embarrassment to the program, which has already been criticized as offering too little too late and failing to provide enough protection for those trained rebels once inside Syria. The selected rebels are said to undergo a thorough vetting process.

U.S. officials have begun an overhaul of the efforts, including suggesting that the newly trained fighters operate as the New Syrian Forces, or NSF, alongside Syrian Kurds, Sunni Arab and other anti-Islamic State forces.

The U.S. Central Command confirmed Monday the graduates have re-entered Syria with their weapons and equipment and were to operate alongside existing western-allied forces. THE ASSOCIATED PRESS

'NO IMPACT'

The head of the Britain-based Syrian Observatory for Human Rights, Rami Abdurrahman, said the U.S. trained rebels are so few and so ill-equipped that they aren't proving to be relevant. "So far, they have made no impact on the ground," he said.

Rape-kit bag left in doorway

PATRICK KANE CASE

Lawyer for accuser alleges evidence tampering

The lawyer for a woman alleging she was sexually assaulted by Chicago Blackhawks forward Patrick Kane said Wednesday that an empty evidence bag was improperly left in the doorway of the woman's mother's home.

Thomas Eoannou said the bag at one point contained the rape kit used when the woman reported that she had been assaulted.

"Something seriously has gone amiss," Eoannou said.

Eoannou said the mother made the bizarre discovery when she came home from work for lunch on Tuesday afternoon. She found the bag folded up between a storm door and her front door, he said. "It could have been there a day and a half," he said, because the woman used the back door when she left for work that morning.

Chicago Blackhawks forward Patrick Kane. JOE RAYMOND/THE ASSOCIATED PRESS

He said the bag is authentic, labelled with personal identifying information for the woman, details on where the rape kit was used and the initials of the nurses who administered the kit.

"I have never seen an evidence bag outside of a police lab, a prosecutor's office or a court room, let alone find one in a doorway of a rape victim's mother's home," he said.

Eoannou said he wants the FBI or state police to probe how the bag left the custody of investigators. It's not clear how the bag got to the mother's home or what effect it may have on the investigation, he said.

"We're hoping to find out how this happened and who had the incentive to modify or tamper with the evidence," he said. Eoannou said he hoped the person who delivered the bag would come forward.

Police have been investigating since the alleged Aug. 2 incident at Kane's off-season home in suburban Buffalo. Kane has not been charged.

Kane did not travel to Detroit with the rest of his team on Wednesday.

THE ASSOCIATED PRESS

Lawyer Thomas Eoannou holds up, at a news conference on Wednesday in Buffalo, N.Y., what he says is an empty evidence bag left improperly at a home. GARY WIEPERT/THE ASSOCIATED PRESS

DATA BREACH

U.S. thinks hackers are from China

The number of people applying for or receiving security clearances whose fingerprint images were stolen in one of the worst U.S. government data breaches is now believed to be 5.6 million, not 1.1 million as first thought, the Office of Personnel Management announced Wednesday.

The agency was the victim of what the U.S. believes was a Chinese espionage operation that affected an estimated 21.5 million current and former federal employees or job applicants. The theft could give Chinese intelligence a huge leg up in recruiting informants inside the U.S. government, experts believe. It also could help the Chinese identify U.S. spies abroad, according to American officials. The White House has said it's going to discuss cybersecurity with Chinese President Xi Jinping when he visits President Barack Obama later this week.

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Ad blockers hit revenues

INTERNET

Websites worry commercials could vanish like pop-ups

When you visit a website, you often find yourself waiting and waiting for advertisements to load. It doesn't have to be this way. There are easy ways to block such annoyances, and Apple is now permitting apps that block ads in its Web browser for iPhones and iPads.

All this might help users navigate, but it also threatens the livelihood of websites and publishers that depend heavily on advertising revenue — companies like Google, Hulu and The New York Times. While the rise in ad blocking isn't causing panic yet, publishers and content creators are watching.

Already, some websites are taking steps to reduce the annoyance so users won't turn to ad blockers.

"It is possible to be too alarmist about ad blockers, but it's a very real phenomenon," said Joshua Benton, director of the Nieman Journalism Lab at Harvard University.

Programs that block advertisements in browsers are threatening the livelihood of those that depend heavily on advertising revenue. THE ASSOCIATED PRESS FILE

It's one thing if just five per cent of iPhone users install an ad blocker; it's another if 80 per cent do, Benton said. If today's ad practices get too annoying, he said, they could disappear just like pop-up windows, which many browsers now block automatically in response to consumers' annoyance with them.

> **It is possible to be too alarmist ... but it's a very real phenomenon.**
> Joshua Benton

PageFair, a firm that seeks to counter ad blockers, says worldwide usage of ad blockers grew 41 per cent from last year to nearly 200 million people. That's six per cent of Internet users worldwide, including 16 per cent in the U.S., 37 per cent in Greece and 25 per cent in Germany. PageFair estimates these tools will block nearly $22 billion US in ad revenue this year and $41 billion US next year.

The threats to websites are about to get bigger. The ability to block ads, long available on traditional computers, arrived on Apple's mobile devices with a recent software update, iOS 9.

Google's Android system also allows ad blockers in Web browsers such as Firefox, as long as they don't affect unrelated apps.

Many websites already have countermeasures for ad blockers. Hulu, for instance, simply replaces commercials with an unskippable message.

Meanwhile, some companies are paying developers of ad blockers such as Adblock Plus for the right to bypass them. Companies that benefit a lot from search ads, like Google and Microsoft, pay for the privilege, the Financial Times reported. THE ASSOCIATED PRESS

COPYRIGHT LAW

Birthday song free for all

The music publishing company that has been collecting royalties on the song Happy Birthday To You for years does not hold a valid copyright on the lyrics to the tune that is one of the mostly widely sung in the world, a U.S. judge ruled.

U.S. District Judge George H. King determined the song's original copyright, obtained by the Clayton F. Summy Co. from the song's writers, covered only the tune's musical arrangement and not the lyrics.

King's decision comes in a lawsuit filed two years ago by Good Morning To You Productions Corp., which challenged the copyright now held by Warner/Chappell Music Inc., arguing that the song should be "dedicated to public use and in the public domain."

"Because Summy Co. never acquired the rights to the 'Happy Birthday' lyrics, defendants, as Summy Co.'s purported successors-in-interest, do not own a valid copyright," King concluded.

THE ASSOCIATED PRESS

RESIGNATION

CEO decides to go

Volkswagen CEO Martin Winterkorn stepped down Wednesday over a scandal in which the German carmaker admitted to rigging its diesel cars' emissions to pass U.S. tests. In a statement, Winterkorn said he took responsibility for the "irregularities" found in diesel engines but that he was "not aware of any wrongdoing on my part." No replacement was announced.

THE ASSOCIATED PRESS

AUTOMOTIVE

VW scandal could spell death of diesel

Over the past 20 years, diesel's image has experienced an extreme makeover, going from the dirty, industry fuel used to power polluting trucks and buses to a potential short-term solution to preserving current oil supplies without compromising on performance, driving dynamics and crucially, air pollution.

But that was before Monday, when the current situation at Volkswagen — the world's largest carmaker is accused of using software to cheat on U.S. emissions tests on its TDI diesel powerplants — became front-page news around the world.

20%

Diesel produces 20 per cent less CO2 emissions than a gasoline car but more Nitrogen Oxide.

Although diesel is a niche market in the U.S., accounting for just two per cent of new car sales, VW was the biggest player and its cars were developing a loyal, environmentally conscious following.

VW and consequently the current system of emissions certification will be investigated by the U.S. Congress's Oversight and Investigations Subcommittee.

Diesel is more efficient than gasoline — it has a higher energy content per litre and more of that energy is converted successfully during combustion resulting in 20 per cent less CO2 emissions than an equivalent gasoline car. However, diesels emit more NOx (Nitrogen Oxide) which is a potentially life-threatening air pollutant.

The Clean Air Act in the U.S. and the new Euro 6 standard in the EU are meant to tackle that issue by ensuring new cars emit NOx levels almost on a par with gasoline, but if U.S. testers can be tricked, how can European consumers be sure that they're not being greenwashed, too?

AFP

market minute

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TSX
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OIL
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See your dealer for complete details. ***Cash Purchase Price** for the new 2015 Optima LX AT (OP742F)/2015 Optima Hybrid LX (OP74AF) is $20,702/$24,752 and includes a cash discount of $5,750 including $750 Celebration Bonus^/$7,000 including $6,000 cash discount and $1,000 ECO credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (SR75AG)/2015 Soul 1.6L LX+ MT (S0553F) with a selling price of $29,332/$20,632 is based on monthly payments of $286/$163 for 60/60 months at 1.9%/0%, $0 security deposit, $1,800/$850 down payment and $750/$750 Celebration Bonus^ and first monthly payment due at lease inception. Total lease obligation is $17,163/$9,758 with the option to purchase at the end of the term for $11,431/$9,275. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ΩLease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. ‡Model shown Manufacturer Suggested Retail Price for 2015 Soul SX Luxury (S0758F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75JG) is $27,295/$34,895/$42,095. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The 2015 Rio/2015 Forte/2015 Rondo were awarded with the Clef d'or "Best in Class" by L'Annuel de l'automobile 2015. Visit www.annuelauto.com for all the details. The 2016 Sorento/2015 Optima/2015 Sedona/2015 Soul were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2016/2015/2015/2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data, www.alg.com. The all-new 2016 Kia Sorento was awarded the 'iF Design Award' for its outstanding design. The 'iF Design Award' is one of the world's most important prizes for excellence in design, www.ifdesign.de. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

metro VIEWS

Relative risk: The 12 reported deaths worldwide during attempted selfies — with a bear, with a live grenade, on a moving train — outnumber fatal shark attacks (8) so far this year.

CHANTAL HÉBERT: ON THE LEADERS' FACEOFF IN FRENCH

"Thomas Mulcair has more to lose than gain in Thursday's debate ... a commanding lead in Quebec is mostly what has kept the New Democrats in the game.

With his party's competitive position in national voting intentions hanging by a Quebec thread, NDP Leader Thomas Mulcair has more to lose than to gain in Thursday's French-language debate.

Since the campaign began, a commanding lead in Quebec is mostly what has kept the New Democrats in the game. But the status of front-runner comes at a price, and Mulcair will spend the first French-language debate of the campaign on the hot seat.

He absolutely needs to keep alive the prospect of a second Quebec orange wave. Absent a strong showing in the province's polls, the NDP's carefully constructed bid for power could crumble like a house of cards.

The party's narrative hangs on the notion that the New Democrats are best placed to beat the Conservatives next month. On the way to this week's French-language debate, that contention has been sorely tested.

If all had gone according to plan for the NDP, Justin Trudeau would no longer be a realistic contender for prime minister. With the Liberals lagging too far behind to have a shot at winning the election and the help of a cautious platform there would be an NDP wave in the making in Ontario.

So far, neither has happened.

Eight weeks and two English-language debates later — including one on the central issue of the economy — the Liberal leader is still standing and his party has gained more ground in public opinion, in particular in Ontario, than the NDP.

At this juncture, a slide in NDP support in Quebec could lead to a hemorrhage of support in other regions of the country as non-conservative voters coalesce behind the stronger opposition option.

Until this week, the main liability Mulcair was expected to take in the French-language debate was his support for the Energy East pipeline. That stance pits him against Green Party Leader Elizabeth May and Bloc Québécois Leader Gilles Duceppe, and it does not play well with Quebec's environmental activists.

But now the NDP leader is coming to the debate with a much larger target on his back.

In Quebec, the debate over whether Muslim women should be required to uncover their faces to take the oath of citizenship has given a moribund Bloc campaign a bit of a kiss of life.

Support for a veil ban runs high in Quebec. In the national assembly, a Liberal move to ban face coverings for public servants and for anyone using provincial government services enjoys multi-party support.

The NDP is not alone in opposing a niqab ban. So do the Liberals. But because the Bloc and the New Democrats fish in the same nationalist pool of francophone voters, Duceppe's attacks have focused on Mulcair.

Anecdotal and recent polling evidence suggest they are taking a toll.

At this juncture, the NDP's best hope of riding out the niqab controversy would be for the election conversation to move on to other topics. But with not one but two French-language debates on the agenda of the next two weeks and with the help of Bloc and Conservative ads, the niqab issue could be on the Quebec radar to stay.

A good debate for Duceppe on Thursday would be good news for Harper and Trudeau.

Every vote that the Bloc takes back from the NDP helps the Liberals and the Conservatives in their own local battles against the New Democrat tide.

The NDP has owned Quebec since the beginning of the campaign, but that could still change. Past history shows that the debates tend to focus Quebecers on their election choices — sometimes with unexpected results.

When he arrived on the set of the French-language debate in the last election, Duceppe had cause to believe he was bulletproof. His party was sitting on its usual comfortable lead. As the only Quebec leader on the set, he had the home advantage.

So widespread were those assumptions that those who covered the 2011 French-language debate did not come away with the impression that it had been a watershed moment.

A few days later, the NDP jumped in the lead in Quebec, and never looked back.

This year, the roles are reversed, with Mulcair the leader to beat and Duceppe the one to watch.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Mile-high mudras

The science is in: Sitting, especially for a long time (such as on a long-haul flight), is seriously risky to your health. But stretching can help, and it's not a stretch from that to full-blown yoga at 40,000 feet. The practice has taken off, not least because it can relieve stiffness and stress, and possibly reduce the risk of blood clots, which are associated with being sedentary for long periods. The craze has taken flight on the photo-sharing site Instagram. Even celebrities have posted snaps of themselves doing various contortions in the centre aisle in first class. The SkyTeam group of airlines has responded by adding yoga videos, designed to be done sitting, to its in-flight entertainment system — a definite advantage over sticking your stocking feet in your seatmates' face as you try to execute airplane pose while cruising over the Atlantic.

SOURCE: TRAVEL PULSE

metroview

If you can make meet-the-teacher night, great. No? Don't panic.

Catherine Little
For Metro

When I started teaching in the early 1990s, I was young. And I looked young. Very young. A rumour started to circulate that I had gone to university as a tween and was actually 13 years old.

I had an excellent start to my first year and no issues with the nearly 200 junior high school students I taught. However, as September drew to a close, I could tell the vice-principal worried about how I would do at meet-the-teacher night. Parents might equate my youth to inexperience or, worse, incompetence.

Meet-the-teacher, also known as curriculum night, usually happens at the end of September. Most involve barbecues, sitting on too-small chairs and being told not to ask specific questions about your own child.

This year in public schools in Ontario, these nights may be a casualty of the ongoing strife between the Elementary Teachers Association of Ontario and the provincial government. Similar job action by teachers has taken place all over the country, and there will likely be more of the same.

As far as academic success goes, the research seems to indicate that events like meet-the-teacher are nice, but not a necessity. The authors of a 2014 study in Child Development looked at parents' activities, including parent–teacher conferences and volunteering at school. They found no evidence that doing these things directly affected academic achievement. They did say they felt there might be some emotional benefit — essentially, it's good for children to know their parents care.

Similarly, an analysis of 37 studies that included over 80,000 students from kindergarten to Grade 12 in Educational Research Review found that parent participation in school activities had the least effect on student achievement. What had the most? Parental expectations, discussions of school activities with children and helping with reading topped the list.

So, if meet-the-teacher happens this year and fits into your schedule, great. If not, don't panic. Other things you can do will help more.

I have no idea who showed up to meet me that September evening my first year teaching. I do remember that my vice-principal sent an experienced teacher to stand at the back of my room in case I needed help. I didn't. But it was nice to know someone was there if I did — kind of like the message you send by having clear expectations for your child and discussing school activities with them.

Full disclosure: As a parent, I have attended every curriculum night since my son started kindergarten, and I intend to attend this year if there is one. Even though my son is starting Grade 8, I want to see the person he's about to spend more waking hours with than anyone else.

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Your essential daily news

Kevin Hart, Chris Christie are guests on Trevor Noah's first week as Daily Show host

150 YEARS IN *Wonderland*

The "meaning" of Alice's Adventures in Wonderland has been open to speculation for years: social satire, Oxford history, even a drug-induced hallucination. In honour of Alice's 150th anniversary, writer David Day is out with a comprehensive book that "decodes" Alice. He interprets a few for us here. **TORSTAR NEWS SERVICE**

Illustrating Alice

"Scott (CS) Richardson, who designed the book, came up with this idea of doing these full spreads and using quotations. And he was the one who chose them ... (The illustrations) are all from the original Alice and what he's done is added a colour dimension and a quotation," says Day.

The Cover

You'll notice, when you're holding the book, that the figure of Alice on the front cover is pixilated, while the heart in the middle is clear and strong. In fact, it was designed that way for a number of reasons: if you look at it from far away (as you would in a bookstore display) the Alice is clear — it's only when you get closer that she loses her definition. "We pixilated it with the idea of decoding him," says Day, referring to author Lewis Carroll.

Crinoline Croquet

When Alice goes into the Queen's garden, that garden is based on Alice Liddell's house at Oxford — they had a croquet lawn at the back, which was the height of fashion at the time. Alice's mother made Croquet the centre of social life: "They frequently had these croquet parties, " says Day, "and all the women dressed up elaborately; it was the age of 'crinoline croquet.'"

Oracle of Delphi

This is a painting entitled Consulting the Oracle by John William Waterhouse. In Wonderland's Duchess' kitchen, Day explains that Carroll has created a parody of the Oracle of Delphi gone badly wrong. Instead of a high priestess who inhales fragrant vapours that inspire sacred prophecies, Wonderland's Ugly Duchess inhales smoke and pepper that inspires nonsense.

The Real Alice

"These photos are by Julia Margaret Cameron ... she would dress (Alice and her sisters) up as mythological figures." On the left, Alice is dressed as Aletheia, the Greek goddess of truth; on the right as Pomona, Roman goddess of fruitfulness.

Cheshire Cat

All the inhabitants of Wonderland, Day maintains, had real-life counterparts in Oxford Society. In this picture, the Cheshire Cat represents Christ Church college's Canon Edward Bouverie Pusey (puss, get it?) who was one of the most influential churchmen of his time. Conservative Puseyites opposed liberal reforms introduced by Alice's father, the Dean of Christ Church. Here the King and Queen of Hearts, who Day reveals as the Dean and Mrs. Liddell, are much annoyed by Canon Pusey's avatar.

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Beeba Boys
(CANADA, 103 MIN.)

SUN. SEP 27, 6:15 PM, CENTRE FOR ARTS
TUE. SEP 29, 3:00 PM, CENTRE FOR ARTS

Mix propulsive bhangra beats, blazing AK-47s, bespoke suits, solicitous mothers and copious cocaine, and you have the heady, volatile cocktail that is Deepa Mehta's latest film, an explosive clash of culture and crime. Jeet Johar (Indian star Randeep Hooda) and his young, charismatic Sikh crew vie to take over the Vancouver drug-and-arms trade in this all-out action/drama. Blood is spilled, heads are cracked, hearts are broken and family bonds are pushed to the brink.

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Author faces off against Cage critics

FANDOM

Defending the actor only made Gibb love him more

Sue Carter
For Metro Canada

Author Lindsay Gibb believes Nicolas Cage is one of the most divisive actors of our generation. HANDOUT IMAGES

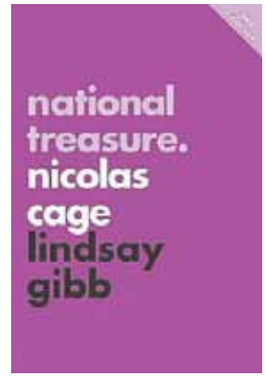
Lindsay Gibb didn't set out to become a fierce defender of Nicolas Cage. It was only after a 2012 retrospective of the enigmatic actor's films at the TIFF Bell Lightbox that the Toronto librarian and former editor of Broken Pencil magazine realized the depths of her fandom.

"I liked him a lot but I wasn't as obsessed with him as I am now," she recalls.

While most pop-culture aficionados are content simply sharing their enthusiasm with Facebook friends, Gibb turned her obsession into a book. National Treasure: Nicolas Cage is the latest in ECW Press's Pop Classics series, a line of digestible essays that spotlight cultural touchstones such as Elvis Costello, Twin Peaks, Teenage Mutant Ninja Turtles and the stripper schlockfest, Showgirls.

Except for perhaps Keanu Reeves, there is no contemporary actor who divides audiences and opinions — or inspired as many memes — as Cage. Beyond his eccentric off-screen life (purchasing saber-tooth tigers and dinosaur skulls, his Elvis obsession, whirlwind marriages), Gibb suggests Cage's screen presence is so polarizing because he's impossible to pigeonhole.

"From one movie to the next you don't really know what to expect," she says. "People have a certain kind of vision of him because they've seen him in a certain kind of movie, but then he'll go ahead and do something like The Sorcerer's Apprentice."



To prepare for National Treasure, Gibb watched all of Cage's work — an impressive feat considering he's appeared in more than 70 films. Inspired by the TIFF retrospective, Gibb, who calls Vampire's Kiss and Wild at Heart among her favourites, began hosting a monthly Cage movie night in her condo's theatre room. When she started writing the book, she knew she had to take a more critical approach. "I was trying to look at them through the eyes of, 'What is he doing?' I was looking for links between his movies, and trying to see what he was trying to do with his acting style," she says. "He has this intensity, or bombastic style, where he gets hyper in the middle of a movie that is consistent throughout his films."

In the introduction to the book, Gibb writes, "Having to constantly defend something you like can you love it more fiercely." She dismisses critics who have an unwavering bias against Cage and his on-screen antics.

"There are definitely writers who have a certain take on him — he's a second-rate actor that's always going to chew the scenery," she says. "People have their set opinions, and don't let his performance influence their opinion. They've just decided he's the worst. And then there are people like me. I'll always find at least a nugget in his not-so-great films, and see something interesting."

Sue Carter is the editor at Quill & Quire magazine.

SELF HELP

Elizabeth Gilbert's tips for tapping creativity

Emily Laurence
Metro | New York

Bestselling author Elizabeth Gilbert has made a successful career following her creativity, so naturally she gets asked for tips all the time. Here is her advice for leading a more creative life:

Follow your curiosity

If you think only writers, artists and musicians can be creative, think again. Gilbert is a strong believer that anyone can be creative and "creative" shouldn't be confused with "artistic." "The definition of creative living is paying attention to your curiosity and following wherever it leads you," she says.

Uncover your "strange jewels"

In Big Magic, Gilbert encourages readers to uncover their own personal, "strange jewels," a thought inspired by her favourite poet, Jack Gilbert: "The jewels that are hiding inside you are begging to say yes." "The jewels can be anything from talents to virtues to purpose in life," she says. She adds that following what you find interesting is part of the treasure hunt.

Stop making excuses

Gilbert says people often write her on social media complaining that they don't have time to be creative. Gilbert fires back that if you have time to be on social media, watch TV or read magazines, then that isn't necessarily true. "When I start to pick apart that argument with people, it turns out it isn't really a question about having time," she says. "They're afraid. They're afraid they don't have the material, or the right training, or they'll get rejected or ignored. It doesn't really have to do with time." She stresses that once people put aside these fears, they can uncover something great.

Cultivate a creative community

Her book says success in creativity is part hard work, part magic and part of the magic is surrounding yourself with people that can help foster your creativity.

Practice self-forgiveness

It's human nature to start off excited about an idea, but for that interest to fade over time until you end up abandoning it. Gilbert says the key to seeing a creative project through is self-forgiveness. "You have to look back at what you created and say, I'm still learning and experimenting."

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Award for advocate

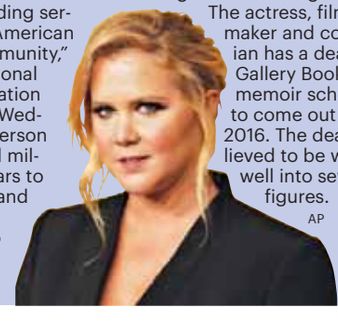
James Patterson, the best-selling author and advocate for books and literacy, has won the Literarian Award for "outstanding service to the American literary community," the U.S. National Book Foundation announced Wednesday. Patterson has donated millions of dollars to bookstores and libraries.

THE ASSOCIATED PRESS

Schumer proves it pays to be funny

Amy Schumer is ready for the next stage of her soaring career: writing a book. The actress, filmmaker and comedian has a deal with Gallery Books for a memoir scheduled to come out in late 2016. The deal is believed to be worth well into seven figures.

AP



Lessons from a prison book club

LITERACY

Inmates liked nonfiction, books with 'a bit of romance'

Running a book club for convicts helped Ann Walmsley overcome the acute anxiety she suffered after being violently mugged. She penned a novel about the experience. CONTRIBUTED

Ann Walmsley is in a book club that may be very much like yours or mine. The group (all women) meets in a member's living room to discuss a book over a glass of wine and some nice cheese. But for 18 months a few years ago, Walmsley was in a book club that was very different. There were no soft furnishings, no wine, no women, save the volunteers leading the discussion, and no certainty that the next meeting would even go ahead if, say, a lockdown prevented the members from attending.

In The Prison Book Club, journalist Walmsley shares the story of the time she spent as a volunteer at two prison book clubs for inmates, at the Collins Bay and Beaver Creek institutions in Ontario. It is an inspiring story of allowing people to exceed your expectations; about a prison for the body encouraging a freeing of the mind.

Over a recent pre-publication drink in Toronto, Walmsley was asked what kind of books made good picks for the group.

"We were looking for armchair traveller books," she said, to get the men away from their prison environment. Memoir and nonfiction were popular. Also popular, perhaps more surprisingly, were books with "a bit of romance. They liked The Guernsey Literary and Potato Peel Pie Society (by Annie Barrows and Mary Ann Shaffer)."

Seeing things through another person's eyes is a central theme of The Prison Book Club.

The meetings are run by an organization called Book Clubs for Inmates, whose slogan is Literacy, Self-Awareness & Empathy.

Asked about witnessing reader empathy in action, Walmsley's face lit up: "Oh I saw it so many times!" She grabbed her book for reference and gave a long list of examples of characters real and imagined who had provoked thoughtful and emotional responses from the group: Paula Spencer in The Woman Who Walked Into Doors, Aminata Diallo in The Book Of Negroes, Ayaan Hirsi Ali in Infidel and more. In each example, the incarcerated men were identifying with the plights of women.

Several years before she was first introduced to the Collins Bay book club, Walmsley was violently mugged outside her home, an experience that left her with acute anxiety around strangers, particularly men. And yet she volunteered to enter a room with no security cameras or guards present, and to engage in literary discussion with men serving time for crimes including bank robbery, extortion and manslaughter.

The inmates in Walmsley's memoir aren't the only ones for whom the book club delivers lessons to help them move on in life. While the men in the group were learning to empathize with plights of female protagonists, Walmsley was coming to an understanding of her own.

"I realized that I was a prisoner of fear, and what happened was that with each book (the group) read I was gradually being liberated from that prison of fear."

TORSTAR NEWS SERVICE

VIDEO GAMES

If you're not playing games, you're losing out

Eva Kis
Metro | New York

When you think of video games, the impression might be: mindless, antisocial, a waste of time.

Game designer Jane McGonigal is out to prove that just isn't so.

The author previously challenged the perception of who a gamer is in her book Reality Is Broken, and this time around with SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient — Powered by the Science of Games, she investigates the science of gaming using over 500 studies, and how to turn it into a tool for living a better life.

"SuperBetter looks at about 20 years' worth of scientific research about how games change the way we respond to stress and challenge," she tells Metro. "Playing games regularly actually helps us build and practise psychological strengths that are really important when we're facing tough obstacles in our real lives."

McGonigal designed SuperBetter the game to recover from her own traumatic brain injury in 2009, and people have used it to deal with problems ranging from anxiety to post-traumatic stress disorder.

We asked her how picking up a controller can give us more control of our real lives.

The opposite of play

When we think of games as a way to waste time, it's easy to say the opposite of that is working. But in McGonigal's view, it's depression. "When we're playing, we activate the parts of the brain associated with willpower, motivation and optimism," she says.

Think about what is actually the opposite of that — lethargy, not feeling like you can change anything — and it begins to shift your perspective.

Develop the challenge mindset

Gaming naturally puts you in the challenge mindset. One of the SuperBetter exercises is to think of the biggest problem you're facing, then imagine the worst possible outcome. For example: "I lost my job, so I will turn to a life of crime." Now think of the opposite of that least helpful response: "I will turn to a life of service." You've just taken back agency, realized you have options and given yourself a new goal.

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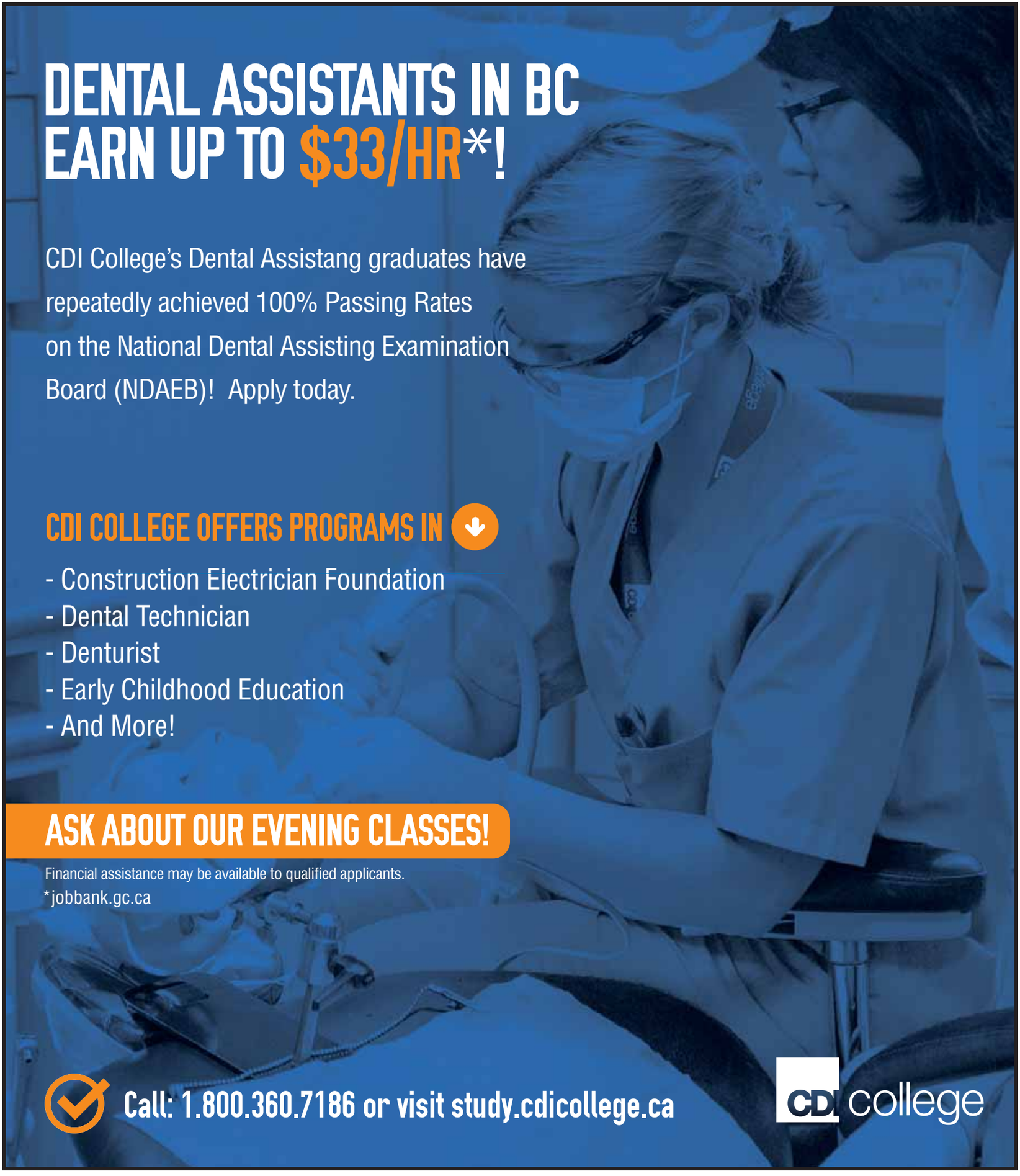

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As countries change, so do all of us

JOSIP NOVAKOVICH

Man Booker finalist finds light in our dark realities

Emina Gamulin
Metro | Canada

An American-born translator goes to Bosnia to work for the UN, only to discover rape camps that her employer turns a blind eye to (or worse, participates in).

After losing everything else in his life when Serb rebel forces take over his village, a Croatian man turns to his bees for comfort and protection.

A Serbian man who once lived in Croatia but was displaced by the war waits for his cousin to arrive on a train that never seems to come.

These are some of the experiences explored in Ex-Yu, but according to the author of these fictions based loosely on the Balkan wars of the '90s, the collection is as much about transformation as it is about destruction.

"The title is a pun on Ex-Yugoslavia, and the former you," says Croatian-Canadian writer Josip Novakovich on the phone from Montreal, about his latest — a gripping, tragic, often strange, absurd, and sometimes laugh-out-loud funny short-story collection published this month by Vehicule Press. "Many countries pass and change, so do we, even if we might not be aware of how much we change."

He quotes the philosopher Heraclitus, who said that you can't step in the same river twice. "Usually we just think about how the river changes — the water is always new, the new schools of fish are passing through, but you too, are different."

As philosophical as Novakovich is, he also thinks pragmatically. When asked why Ex-Yu includes a cannibalistic tale that takes place nowhere near Southeastern Europe, he admits it made it into the pile because his last publisher refused to release it, deeming it too horrifying. It's also a continuation, he says, of an earlier collection that chiefly concerns itself with friendship versus survival versus tribe loyalty.

In a way it fits, despite the geographical divergence, because the collection is so dark. There's ghosts of the horrors of the Second World War; Dutch guilt over the Srebrenica massacre; a bad batch of an early measles vaccination; lung cancer.

"Things don't have to happen, but we fear they will happen, and sometimes they do happen. Death is something that only happens once, but it is always in the background of our minds — how will I go and how will those around me go?" says Novakovich.

He believes it's cathartic to face our fears in art and that looking only at happiness is neither possible, nor, perhaps, desirable.

"I read a remarkable article about (Serbian tennis star) Novak Djokovic recently. He was asked if he just thinks positive during matches. And he said he tried it and it doesn't work — he has to do both," Novakovich says. "He can't eliminate the (bad) stuff and he figured out that it's better if he doesn't. You can't completely ignore that life is partly a horror story."

Plus, Novakovich says, offering a less existential explanation — his dark stuff sells better.

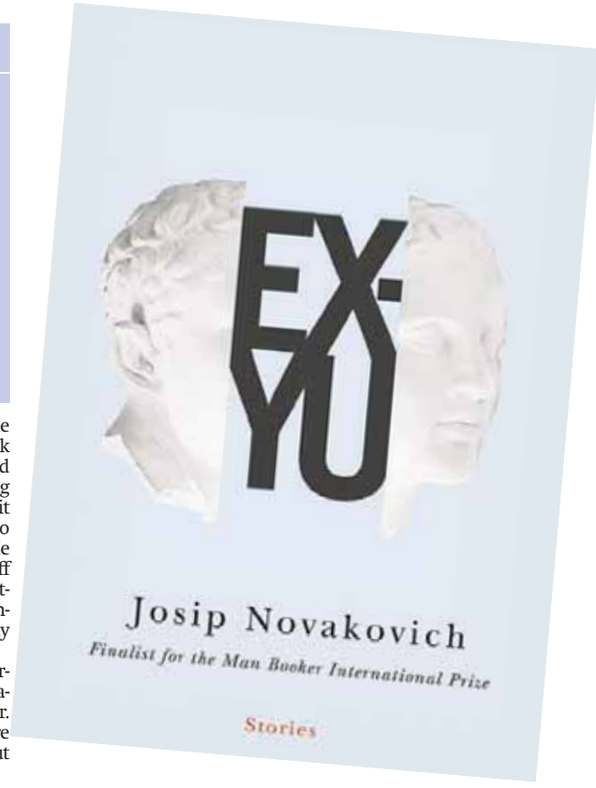
"I publish these stories more easily, say, than the stories about my cats."

'FAN FICTION'

While the majority of the characters in Ex-Yu are ordinary people, the collection includes some infamous real-life characters.

Novakovich jokingly refers to these stories as "fan-fiction." In one, we catch up with Slobodan Milosevic in jail at the Hague just months before the verdict of his war-crimes tribunal. The fallen leader, now impotent, demands Viagra, despite his doctor's warnings.

The title, Just Desserts, perhaps alludes to the satisfaction Novakovich felt reimagining Milosevic's last days. "It was a known thing that he was sabotaging his medical care, not taking his blood pressure pills so most likely it was just massive heart failure," says Novakovich, a medical-school dropout. "But that can also happen with Viagra in such conditions, so I thought 'Why not make fun of it?'"



PODCASTS

ALMOST good college radio

Odds are, the voice of Billy West is ringing in your ears.

Or rather, voices. A leading voiceover actor, West has spoken up for title characters on Doug and Ren & Stimpy, for latter-day revivals of Bugs Bunny, Woody Woodpecker and Popeye, for a broad swath of the Futurama crew, even Red M&M.

Now West has brought his virtuosic yackety-yak to his own podcast, speaking for himself on The Billy West Show, with five editions posted on his website and iTunes of a series he hopes to build on every couple of weeks.

The freewheeling format unleashes West with his vocal cast of thousands, accompanied by the singular voice of Jim Gomez, a veteran director-animator and, here, a stabilizing influence who keeps this whole enterprise from flying away.

Offering a seamless 30 minutes or so of sketches, mock-interviews and other foolishness, The Billy West Show aspires to be ALMOST good college radio, says West, while it draws on classic comedy influences including the 1960s-era Firesign Theatre.

The episodes are recorded in the repurposed garage of West's home nestled on a cozy cul-de-sac in the Hollywood Hills.

With the garage door opened to a perfect L.A. morning recently, West and Gomez are hashing out a future episode amid a crush of audio equipment, keyboards, vintage jukeboxes, a carpenter's work bench and a riot of random artwork on the walls.

Billy West has done voices for a broad swath of the Futurama crew including Fry, as well as the Red M&M. CONTRIBUTED

"We wanted the show to be all over the place," says West, 63, a compact man with a jazzed-up manner that strikes a fine contrast with the easygoing Gomez.

The show gives West free reign to draw on his encyclopedic treasury of voices, dialects, sound effects and pop-culture references. (When was the last time you heard a perfect imitation of Paul Harvey advertising Kava coffee?)

"He's a crazy student of all things sonically," says Gomez admiringly.

Meanwhile, The Billy West Show could serve as a launching pad for cartoon projects they hope to get off the ground, such as Billy Bastard — Amateur Human Being. THE ASSOCIATED PRESS

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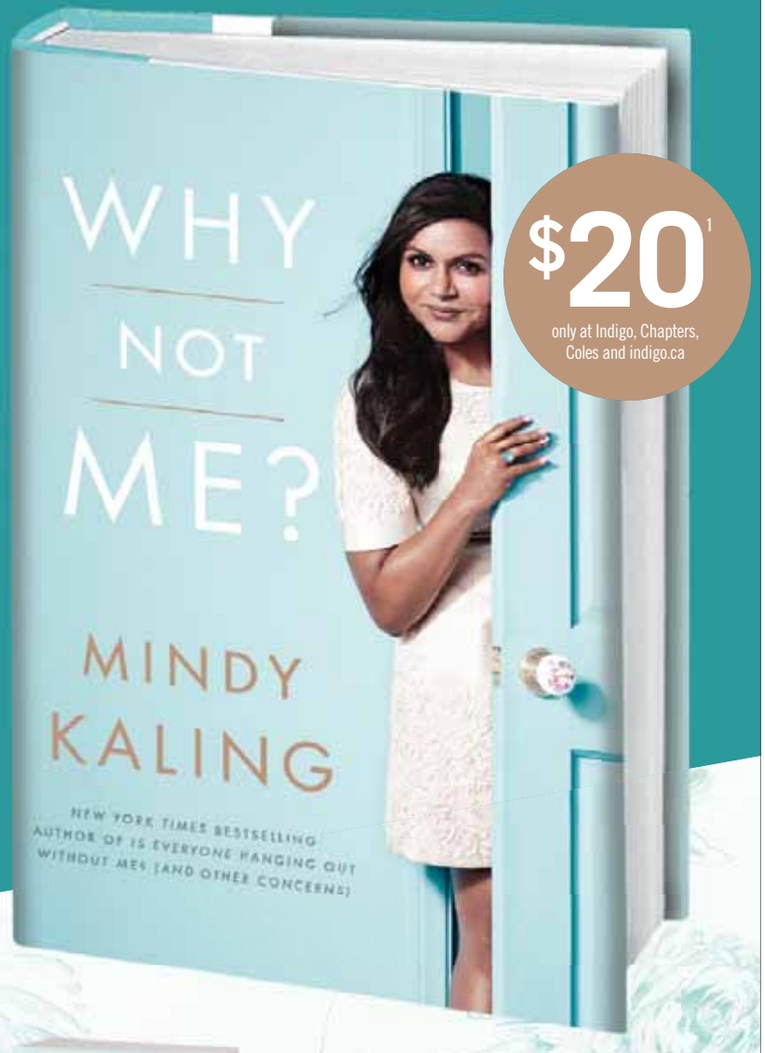

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Breaking Bad had viewers hooked by episode two. HANDOUT

Hooking viewers can take a long time

STATISTICS

Netflix finds many watches needed to get into a show

Netflix original series share something in common with shows that first aired on conventional TV networks: they all generally failed to hook viewers with their first episodes, according to new research by the streaming service.

Netflix analyzed global streaming data for the first seasons of several popular shows looking for signs of when people latched onto a specific title and began bingeing.

Acclaimed cable hits Breaking Bad and The Walking Dead and Toronto-filmed legal drama Suits had Canadians hooked by the second episode.

Canadians were on board by the third episode of Netflix political drama House of Cards, while newcomers Bloodline, Grace and Frankie and Unbreakable Kimmy Schmidt had fans reeled in by their fourth episodes.

It took, on average, more than four hours of watching Mad Men — or six episodes in — for Canadians fans to get hooked on the critically lauded series.

70%

Number of viewers who get to the 'hooked' episode and then keep watching a show for the full season

It also took six episodes for Canadian fans of the Netflix superhero series Daredevil to decide they really liked it.

According to Netflix, 70 per cent of viewers who watched the hooked episode would go on to watch the full season.

"It's been conventional wisdom that the pilot is the most important 30 minutes in the life of a show and it turns out it's rarely the thing that hooks people,'' said Netflix chief content officer Ted Sarandos in an interview.

"(That's) not to say that no one ever got hooked by a pilot, but we didn't see a lot of it in the data.

"I also think the audiences have more patience than the networks give them credit for," he added.

Friends co-creator Marta Kauffman has decades of network experience under her belt. But the veteran showrunner said Netflix encouraged a fresh approach to crafting the pilot for her new series Grace and Frankie, which stars screen legends Jane Fonda and Lily Tomlin.

"(They said): 'We don't call them pilots, we call them the first chapter. Think of them like a book,'' recalled Kauffman.

"The freedom that the writer gets from that is not having to establish every single character and every single thing and 'What's all of their back stories?' You don't have to do that for Netflix. They allow for the growth of the information and the growth of the story."

THE CANADIAN PRESS

STREAMING

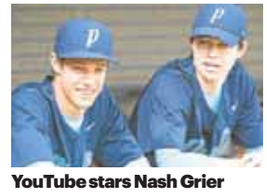
CBC eyes YouTube to find future talent

CBC is partnering with global media company Fullscreen in a bid to discover the next YouTube star and connect with younger audiences.

Programming boss Sally Catto says the deal takes advantage of Fullscreen's expertise in developing digital content creators, while giving the CBC access to a large talent pool. Fullscreen works with more than 2,000 Canadian-based creators and they automatically become part of a joint CBC/Fullscreen network as part of the deal. Globally, Fullscreen works with more than 70,000 creators who have a combined 600 million subscribers.

Catto says promising discoveries that emerge from this deal could lead to TV development deals down the line.

THE CANADIAN PRESS



YouTube stars Nash Grier and Cameron Dallas in Fullscreen's The Outfield. HANDOUT

Serial to take on Bergdahl: Report

PODCAST

Hit NPR show to look at US soldier's disappearance

The hit NPR (National Public Radio) podcast Serial will spend its second season taking on the mystery of a United States Army sergeant's disappearance in Afghanistan, according to reports.

Maxim, which spoke with several sources but had not received confirmation from NPR, reported that the focus would be the case of Bowe Bergdahl, who disappeared from his post in Afghanistan in 2009 and was then held prisoner by a Taliban-allied group.

Bergdahl was released in 2014 as part of an exchange for Guantanamo Bay detainees.

The soldier was said to have been abducted when he walked off the outpost, although his reasons for doing so are unclear and the circumstances of his abduction are mysterious.

Bergdahl was ultimately charged for desertion and misbehaviour before the enemy.

The Hollywood Reporter has since confirmed Maxim's report.

AFP

Sgt. Bowe Bergdahl. THE ASSOCIATED PRESS/U.S. ARMY FILE

ONGOING CASE

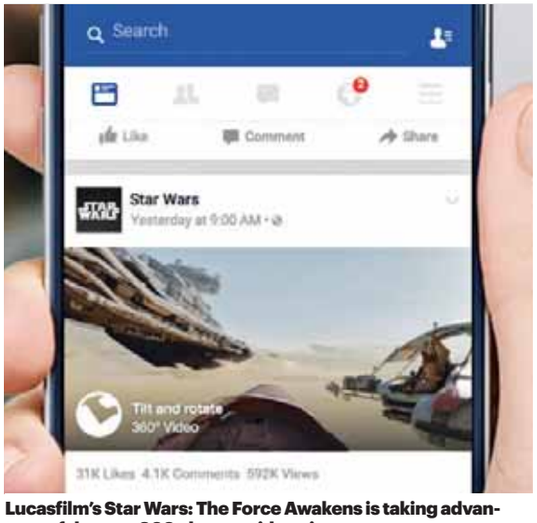
Officials deciding if he should face court-martial

Sgt. Bowe Bergdahl's, lawyer earlier this week asked a military court to publicly release a transcript of Bergdahl's interview with military officials and a summary of an investigation into his disappearance. Defence attorney Eugene Fidell has unsuccessfully tried to get the Army to make the documents public while Bergdahl faces charges, including desertion, for leaving his post in Afghanistan in 2009.

THE ASSOCIATED PRESS

SOCIAL MEDIA

360 degrees of Facebook video



Lucasfilm's Star Wars: The Force Awakens is taking advantage of the new 360-degree video viewer. HANDOUT

Facebook has rolled out 360-degree videos in its News Feed, allowing users to choose their viewing angle.

On the web, users of the social network will be able to do this by dragging the video around with their cursor, while on mobile devices they can drag their finger or even just turn the device.

Last year, facebook bought the Oculus Rift VR headset for $2 billion. This latest move could bring the platform's content to a huge audience.

Among those already using the network's upgraded video feature were Discovery, GoPro, NBC's Saturday Night Live and VICE. Disney and Lucasfilm were debuting a 360 experience from Star Wars: The Force Awakens.

The videos are due to begin showing up on the web and for Android soon, followed by iOS in the coming months. AFP

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GOSSIP BRIEFS

Breakup season

Can we blame all these celebrity breakups on the impending holiday season, or is it too soon for that?

I'm not saying that's what's behind Amy Poehler's split from Nick Kroll after two years of dating, but it's a pretty good theory, right? Or this: "Unfortunately, they just couldn't make the relationship work with their schedules," a source tells Us Weekly. "They really tried, but it just wasn't realistic anymore. They were spending more time apart than together."

Sure, but for some couples that's actually a plus.

NED EHRBAR/METRO

No more sequels please

Ridley Scott has a new movie coming out — The Martian — which means he's been doing a bunch of interviews catching people up on all those sequels he's been threatening to make, like his ill-advised followup to Blade Runner.

Even more disconcerting? He's apparently serious about continuing the terrible Prometheus franchise, sending the disembodied head of Michael Fassbender back to work early next year.

"Fassbender will do (Prometheus 2) with me, and it's meant to start production in February," Scott tells Deadline. "I'm in prep now. I'll either shoot in (Australia) or (Canada)."

Could I suggest a third option, like shooting it "not at all"?That would be swell.

NED EHRBAR/METRO

HOME VIDEO

JLo: Love costs a lot

Jennifer Lopez's first husband, Ojani Noa — you probably don't remember him — has a bunch of home movies from way back when, and he and business partner Ed Meyer are eager to let them loose on the world. How rude.

"We are going to produce a DVD and also have a streaming release of the JLo home video footage," Meyer says, according to InTouch.

"There is revealing video of her with a lack of clothing and in sexual situations, especially in the hotel footage from the honeymoon."

Lopez, Noa and Meyer have been locked in a legal battle for more than six years, but Lopez withdrew all of her claims against them over the summer.

"The videos contain salacious material and are going to shock her fans," Meyer adds. "We have unfinished business." He sounds charming, doesn't he?

NED EHRBAR/METRO

W NETWORK

Hockey wives signed

W Network has scored four more cast members for its docuseries Hockey Wives, including the wives of Montreal Canadiens goalie Carey Price and Anaheim Ducks captain Ryan Getzlaf. The second season will feature Angela Price and Paige Getzlaf (pictured with her hubby), says W Network.

Other cast additions include Taylor Winnik, wife of Toronto Maple Leafs left winger Daniel Winnik, and Ashley Booth, wife of free agent David Booth. They join previously announced partners Keshia Chante, Rhianna Weaver, Kodette LaBarbera, Tiffany Parros, Noureen DeWulf, Maripier Morin and Martine Forget.

Hockey Wives returns Oct. 28.

THE CANADIAN PRESS

Kendall's rumoured romances

DATING

Michael B. Jordan denies dating Kendall Jenner, kinda

Ned Ehrbar
Metro | Hollywood

While we're still waiting for Orlando Bloom to chime in about whether or not he's been playing kissy-kissy with Kendall Jenner, at least one other older man linked to Not Kylie is going on the record to address whether or not they're dating.

Fantastic Four star Michael B. Jordan stoked romance rumours earlier this year when he was spotted leaving a Met Gala party with Jenner, but he wants you all to calm down.

"It's the world we live in. They see white and black. I don't," he tells GQ. "Kendall's a friend of mine, you know? I don't know her, like, that well, but I know her enough. People's perspective on that is what it is. I don't f—ing know. I don't live my life to make other people happy. It's so weird, though, right? A lot of black fans were feeling like 'Oh, my God, he should have been with a black woman' and that whole thing."

Kendall is just keeping us all guessing.

Well, at least all this attention being diverted away from Bloom must make him happy, right?

Jordan says Jenner 'a friend' only. ALL PHOTOS GETTY IMAGES

metro HOME

Your essential daily news

Alessi marks 30th anniversary of its 9093 tea kettle by swapping out bird whistle with dragon

What they're a$king

Featured here is a selection of brand new townhome projects. We compare two-bedroom units in various forms including stacks, condo towns and rowhomes.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$339,900

Vancouver

York by Mosaic Homes is a collection of two- and three-bedroom, shingle-style rowhomes located at 8476 207A St., in Langley. These townhomes feature open floor plans with nine-foot ceilings and large bay windows. There's a kitchen island, luxurious bathrooms and raised backyards. The homes are well connected to transit, and boast mountain views, greenways, parks and schools. The starting price above is for a 1,199-square-foot, two-bedroom-plus-den unit. For more information, contact 604-882-6758 or visit mosaichomes.com/york.

$284,900

Toronto

Main Street Seaton is a new project by Averton Homes in the suburb of Pickering. The heritage-inspired brownstone townhomes are composed of three different styles, with contemporary stacked Urban towns, back-to-back Garden towns, and conventional back-to-back Coach towns. The homes feature engineered laminate flooring and open-concept kitchens. The Seaton area is close to hiking trails and golfing, as well as the Pickering Town Centre and GO transit. Contact the sales centre at 416-740-5544, info@averton.ca.

$538,688

Calgary

Here's a new two-bedroom-plus-den at The Savoy by Truman Homes. This community of condominiums and townhomes is located on Kensington Road and 19th Street NW, in the community of West Hillhurst. The units feature engineered hardwood floors, Italian marble tile, quartz countertops, designer lighting and plumbing fixtures, and imported Italian kitchens and appliances. The area has many amenities ranging from coffee shops to grocers, and the Peace Bridge is a short walk away. Call 403-240-3246 or visit liveatsavoy.com.

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DESIGN CENTRE SITTING PRETTY IN ANY SPACE

Soon it will be the season for holiday entertaining and you will need a few extra places for guests to perch. From poufs and floor pillows to benches, there are some groovy options that will offer up practical style without breaking the piggy bank. **KARL LOHNES/FOR METRO**

1 Tufted Fabric and Chrome Double Bench
At the end of a bed or in a tight hallway; I like to think of it as the new modern piano stool. $99, Walmart.ca

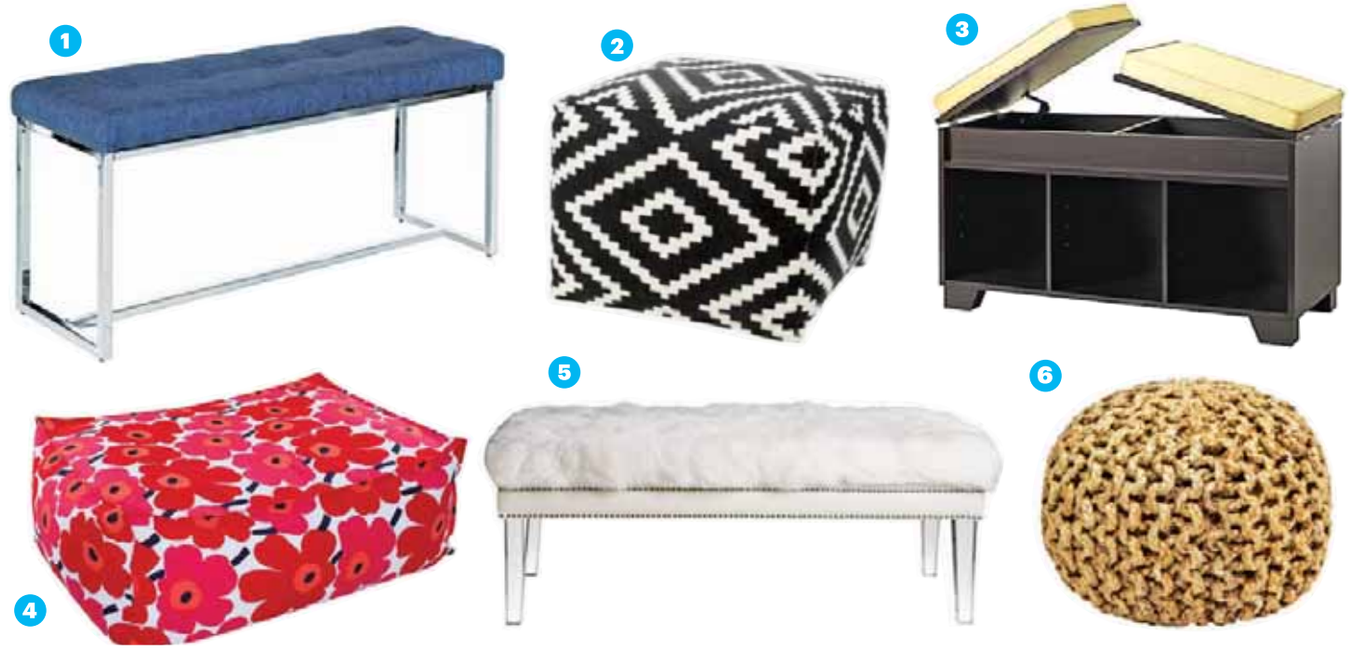
2 Aztec Pouf
Get your black and white pattern going on and wake up any space. $99, UrbanBarn.com

3 Real Simple Split-Top Bench Storage Unit
There are 10 million uses for this one; what's yours? $120, BedBathAndBeyond.ca

4 EQ3 Roman Bean Bag
Keep it fun and flowery. $400, TheBay.com

5 Mongolian Fur and Lucite Bench
Hollywood glamour meets Liberace. $500, Homesense.ca

6 Pier Braided Pouf
Neutral texture that any room would love. $129, UrbanBarn.com



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DECOR

Serve up some personality

Decorative plates hung on walls are no longer seen only in grandparents' homes. The trend has been gaining in popularity, and the prints and motifs seen in the latest ones range from traditional to ultra-contemporary. AFP

Window with a view

Why limit yourself to one window when you can have 45? Faïencerie Georges offers a collection of 45 plates with window designs. Once the ensemble is mounted on your wall, you'll be able to look into different windows, without bothering the neighbours. (€35, $71 CDN)

The opulence of Versailles

Venerated French porcelain brand Bernardaud is going the traditional route with a collection inspired by Versailles. On a 36-cm plate, the house depicts floral ornaments in a simple but dramatic fashion, all in immaculate white. (Price on request)

Metal and clay

Fan of industrial landscapes? You can recreate the view of a construction site with the "Grue" collection by Faïencerie Georges. Made up of a 43-cm dish and four 27-cm plates, this collection (€620, $1,260 CDN), made of white clay and painted by hand with blue cobalt on enamel, brings together the delicate purity of line and the severity of the metal sculpture represented.

METRO SPACES

Catch the Wave

CONTRIBUTED PHOTOS

Surrey is Canada's fastest growing city, expanding by 800 new residents per month. Why? The city's $500-million Civic Centre development project has brought it into a new class in the last 10 years.

Heralding this positive change, there is a new housing development making the city's skyline even more dynamic: Wave, a new condo tower in central Surrey.

Wave's architectural design, with its wavy exterior, sets it apart as well, says Will Lin, president of Rize Alliance Properties. The suite's large balconies even come in curved shapes.

Homes at Wave range from one bedroom plus den to two bedroom and den, and from 523 square feet to more than 847 square feet, as well as three-bedroom-plus-den townhouses from 1,246 to 1,463 square feet.

Homes at Wave start at $340,900. For a limited time, there is a $40,000 incentive on all of Wave's Bridgeview model homes through to October.

"This incentive is a chance to get into a rapidly developing city with major future potential," Lin says.

Estimates predict Surrey's population is expected to increase by 250,000 people in the next 30 years. By the year 2041, about one out of five people in the Lower Mainland will live in Surrey, according to projections.

World-class architecture like the new Surrey City Hall and the Bing Thom-designed library define the new Surrey, creating an energy like no other.

Simon Fraser University Surrey is another architectural marvel nearby in Central City Mall with its diverse supermarkets, shops and office buildings.

The development offers features, such as movable walls that allow buyers to streamline and customize their space.

Wave is conveniently located a short walk from Surrey Central SkyTrain Station, where residents can hop on and get to downtown Vancouver in 35 minutes.

"Residents and homebuyers are looking for mobility," Lin says.

The building's amenities were designed for the modern lifestyle, including a gym, a pet wash and grooming room, a workshop, meeting and party rooms, and rooftop outdoor patio lounges with barbecue areas.

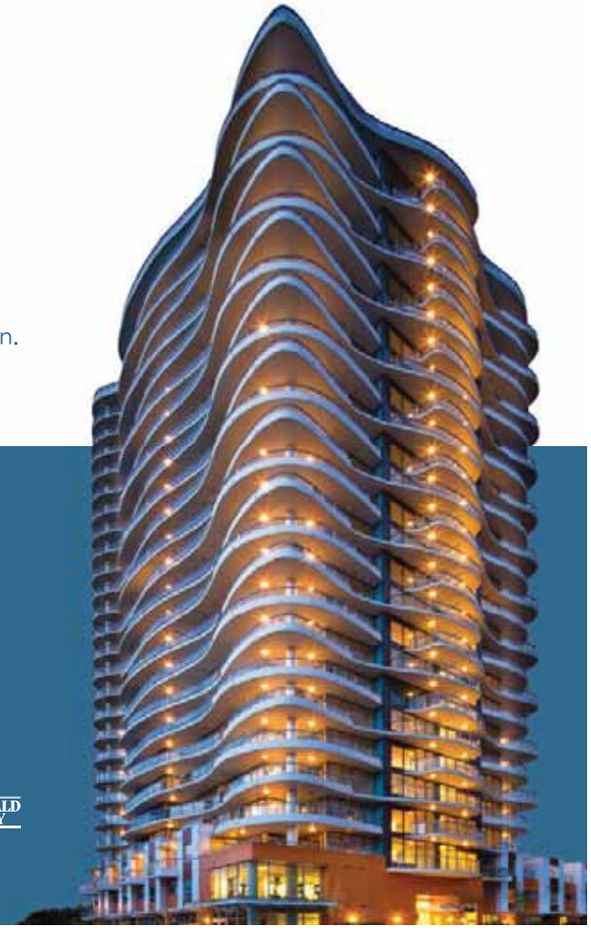
Homes at Wave are move-in ready. Come and see the sea change for yourself.

For more information, visit waveliving.ca.

WAVE **Move in today!**

8 unbelievable deals to choose from! With prices starting at $356 per square foot these 2 bedroom homes are Central Surrey's best priced new concrete construction. This is your chance to purchase in the architecturally stunning Wave development by Rize Alliance!

www.WaveLiving.ca



H Plan | 2 Bed + Den | 847 sq.ft.

Suite 307	$341,900	- $40,000	= **$301,900**

Bridgeview Plan | 2 Bed + Den | 761 - 763 sq.ft.

Suite 1404	$331,900	- $40,000	= **$291,900**
Suite 1704	$340,900	- $40,000	= **$300,900**
Suite 1904	$346,900	- $40,000	= **$306,900**
Suite 2104	$352,900	- $40,000	= **$312,900**
Suite 2204	$355,900	- $40,000	= **$315,900**
Suite 2504	$364,900	- $40,000	= **$324,900**
Suite 2604	$370,900	- $40,000	= **$330,900**

SALES CENTRE:
Townhome 8
13303 103A Ave, Surrey
Open Saturday to Wednesday
from 12:00 - 5:00PM
604.951.9283
info@waveliving.ca

Rize · MASON LINK DEVELOPMENT · MACDONALD REALTY

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A NEW BREED OF MODERN HOUSING

THE AMAZING BRENTWOOD IN BURNABY

There is a shift happening in the city — young people are moving outward from Vancouver's downtown core and bringing fresh perspective to the Lower Mainland's other urban hubs. Their first stop is North Burnaby.

The centre of the city is shifting and North Burnaby is becoming a major hub in the Lower Mainland, says Dan Wilson, executive vice-president of Shape Living Corp. The Amazing Brentwood, a new $1.3-billion, 28-acre master-planned community that is under development at Willingdon and Lougheed in Burnaby, is on the vanguard of the city's transformation.

"It's a change that's been in the works for many years and now it's coming to fruition," Wilson says. "Homes at The Amazing Brentwood are a new breed of modern housing in the area."

This Saturday, curious homebuyers are invited to preview the community's latest development, Brentwood Three, with free cupcakes, coffee and food trucks.

Since sales started on the community's first buildings, Brentwood One and Brentwood Two, more than 850 homes have sold in less than a year, so the team at The Amazing Brentwood is ready for more success.

"When we call this project amazing, we mean it," Wilson says. "Buyers have really experienced the value in The Amazing Brentwood. Not just the master-planned community itself, which is going to revolutionize this area, but also for the whole Burnaby neighbourhood, which is one of the most desirable, family-oriented places to live in the Lower Mainland."

The Amazing Brentwood, a super regional urban centre, offers 250-plus shops and restaurants and a one-acre central event plaza for year-round celebrations and live events just an elevator ride away.

You won't need a car if you are living at The Amazing Brentwood. With Brentwood SkyTrain Station on-site you can catch a SkyTrain into downtown Vancouver, Lougheed or Surrey. You can also catch a bus from the Brentwood bus loop to head downtown, to BCIT and many other destinations.

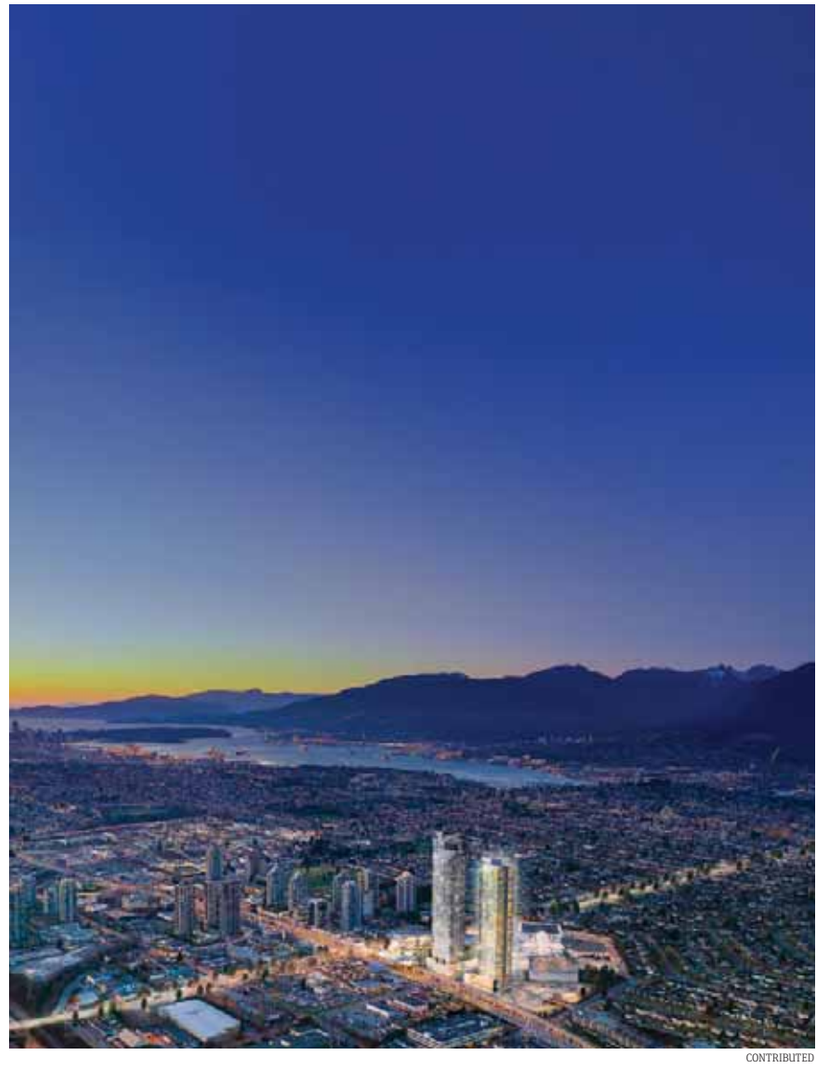
Amenities at The Amazing Brentwood are hard to beat, including exclusive access to nearly 18,000 square feet of private outdoor space, including a wind-protected outdoor lounge with outdoor fireplaces and barbecue, a children's play area, gardens and courtyards, as well as a shared, 8,400-square-foot indoor space that includes social lounges, kitchen, music room, and two guest suites.

After the night cools, take your private party from the outdoor lounge into the entertaining kitchen, hang out in the social lounge, or jam in the music room.

When residents are looking for a workout, they will find it in the state-of-the-art fitness centre with cardio equipment, weights, yoga studio and meditation space.

The homes at The Amazing Brentwood Three start at $319,900.

"The value at The Amazing Brentwood is undeniable," Wilson says. "This is the best home investment in Canada."



CONTRIBUTED

VISIT PREVIEW THIS SATURDAY

Buying a new home should be love at first sight, which starts with a great preview.

"We're really excited to open up our newest opportunity at The Amazing Brentwood Three," says Dan Wilson, executive vice-president of Shape Living Corp. "It's great to be able to unveil this tower and three new show homes in our 15,000-square-feet presentation centre."

Brentwood Three will be previewing at the presentation centre Saturday. See the homes first-hand and enjoy free cupcakes, coffee and food trucks.

The presentation centre is located at Brentwood Mall, 4567 Lougheed Highway in Burnaby, and is open from noon to 5 p.m. daily. Register now for early access and information at theamazingbrentwood.com. For more information, call 604-563-8386 or email info@theamazingbrentwood.com.

Quintessential Vancouver lifestyle

Imagine waking up in the morning and looking out your window from one of the highest points in the city.

A new community in North Burnaby will give you access to that quintessential Vancouver lifestyle — The Amazing Brentwood.

The views will be spectacular at Brentwood Three, a new tower in the master-planned development that will start previews this Saturday.

"We're so lucky to be living in a city that's gorgeous everywhere you look," says Dan Wilson, executive vice-president of Shape Living Corp. "Brentwood Three has expansive terraces to experience everything the gorgeous Lower Mainland has to offer, with endless views from every home in all directions."

Once you are ready to move indoors and start your day, you will find a beautiful suite with all the trappings of modern elegance and style.

High-quality finishings in the one-, two- and three-bedroom residences come standard, including polished stone countertops, European cabinetry with soft-close hardware and high-end Bosch European appliances, including a refrigerator and dishwasher concealed behind the cabinetry.

CONTRIBUTED PHOTOS

The homes were designed with space-saving features like a convenient kitchen island with breakfast bar and floor-to-ceiling cabinets to provide up to 40 per cent more storage space. Residents will enjoy features normally found in much larger residences, including a laundry room with side-by-side washer and dryer.

The master-planned community was designed by noted architect James Cheng to accommodate the West Coast lifestyle with convenience, practicality, and elegance.

Experience the three new show homes at the 15,000-square-feet presentation centre at Brentwood Mall, 4567 Lougheed Highway. The centre is open daily from noon to 5 p.m. Register for access at theamazingbrentwood.com or call 604-563-8386.

INTRODUCING BRENTWOOD THREE.

MORE AMAZING HOMES. SAME FUNDAMENTAL VALUES.

We sold out towers BRENTWOOD ONE & TWO! Now we're bringing you BRENTWOOD THREE to continue giving homeowners unprecedented value in **8 AMAZING WAYS:**

1
THE VISION:
A 28-acre master-plan with everything you need

2
TRANSIT AT YOUR DOOR:
Seamlessly integrated on-site and at your door

3
SHOPPING & DINING:
250+ shops & restaurants downstairs

4
ARTS, CULTURE & ENTERTAINMENT:
In the one-acre central event plaza

5
SERVICE & SECURITY:
24 hours a day, everyday

6
HOMES & AMENITIES:
The best home design and over 25,000 sq.ft. of extras

7
ENDLESS VIEWS:
From every home in all directions

8
VERIFIED VALUE:
Get unprecedented long-term investment value

3 NEW SHOW HOMES PREVIEWING THIS SATURDAY, SEPT. 26TH – REGISTER TODAY

STARTING FROM $319,900

3 NEW SHOW HOMES PREVIEWING THIS SATURDAY, SEPT. 26TH

JOIN US FOR FREE CUPCAKES, COFFEE AND FOOD TRUCKS

REGISTER TODAY! THEAMAZINGBRENTWOOD.COM

4567 LOUGHEED HIGHWAY, BURNABY (BRENTWOOD MALL). OPEN DAILY12-5PM

604.563.8386

SHAPE | LIVING

RENNIE MARKETING SYSTEMS

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Wow factor

W1 is designed to leave an impression

CONTRIBUTED PHOTOS

It's rare to find a brand new housing development in Vancouver that infuses West Side's esteemed heritage with the glamour of modern design.

W1, a highly anticipated collection of luxury condos at Marine Drive and Cambie Street, does just that.

"W1 envelopes its residents in a feeling of quality and indulgence," says Isaac Chan, director of sales for Concord Pacific, the developer of W1. "We're designing W1 with the intention of being the best of the best. We strive to be the most luxurious project in the neighbourhood."

The 31-storey and 25-storey towers are designed with a facade designed to leave an impression. Its classic details include a grand porte-cochère, complete with a central water fountain.

"You arrive and immediately you experience the grandeur of the project," Chan says. "It will wow your visitors and make you proud to come home here."

The development will maximize the natural beauty of green space with central courtyards of meandering trails and water features to give residents and their guests a taste of nature, and a place where they can sit in quiet contemplation and enjoy the exquisite landscaping.

Education is valued at W1. The community is strategically located close to many world-class top educational institutes in Vancouver West. The top-five best private schools are located within a 15-minute drive. The prestigious University of British Columbia is also a 15-minute drive, and Langara College is only one station away by SkyTrain.

"W1 is the perfect place for students or families with children who are going to school," Chan says. "This is your place to study, learn and have all the access you need to the city."

Another great intangible luxury the community offers is its incredible accessibility to everything residents will need and want, all via the Marine Drive SkyTrain Station, located just steps away.

If you enjoy the green spaces at W1, there are many more just a few minutes away throughout the city. The meticulously tended Van Dusen Gardens and Queen Elizabeth Park are popular with tourists and locals alike. They offer hours of exploration with trees and flowers from across Canada and the world. Winona Park offers a great place for kids and families to play.

If you are a golf lover, the par-71 Langara Golf Course offers a place to practise your game. If swimming is your sport, the new Hillcrest Community Centre has a state-of-the-art public swimming pool for your enjoyment.

For entertainment, why not watch a baseball game at Nat Bailey Stadium? It's a great weekend destination to entertain your friends and family.

The are many options available for residents at W1 who want to shop, for anything from groceries to homeware, clothes, and jewelry.

Just around the corner you will find Marine Gateway High Street, a hub that is a three-minute walk from home that includes a Steve Nash Fitness World, Cineplex theatres, and T&T Supermarket, as well as cafés and restaurants. Canadian Tire, Best Buy and Sportcheck are also around the corner.

When you are in search of fashion, Oakridge Mall is a high-end mall just two stations away by SkyTrain. Get your fix of world-recognized luxury brands including Tiffany & Co., Hugo Boss, Coach and more.

The new McArthurGlen outlets by the airport, accessible by SkyTrain, offer an impressive portfolio of designer brands on discount.

The Cambie Corridor strip between King Edward and 2nd Avenue is a vibrant shopping district several blocks long where you can find everything from stylish homewares to lingerie, and many restaurants and cafés to enjoy your shopping day out.

For more, visit W1Vancouver.com.

QUALITY COUNTS

Modern luxury doesn't mean you need to live in a palace. It's quality materials and craftsmanship that count, says Isaac Chan, director of sales for Concord Pacific, the developer of W1.

Echoing their prestigious neighbourhood, homes at W1 are beautifully appointed with timeless style.

Like a high-end spa, the bathrooms are clad in marble with a craftsman's attention to detail.

Kitchens are the place to express your inner chef using top-brand Miele stainless steel appliances with integrated cabinet panels, gas cooktop and full-wall hood fan. Closet organizers, soft-close drawers and cabinets come included. A marble backsplash adds a sense of glamour.

All interior doors and closet doors and trims feature a wood-look finish, while closet organizers truly allow for functionality while maintaining a custom millwork look.

Enjoy your home at W1 in comfort — every principal room has central heating and cooling to adjust to your needs.

NEXT HOT SPOT IN VANCOUVER WEST

Vancouver is developing outward and there's no question the growing population is looking for new neighbourhoods that hold promise.

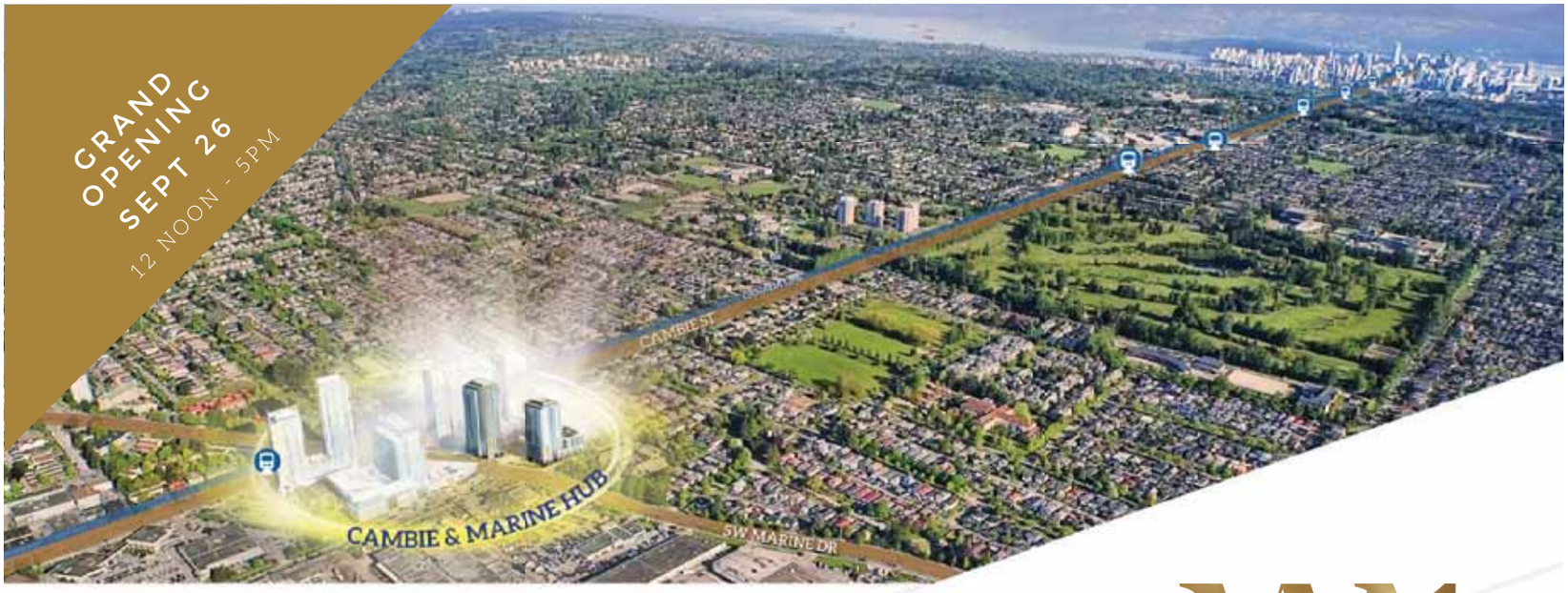
Cambie Street and Marine Drive in south Vancouver is an ever-growing new hub for homebuyers looking for an affordable new home in an area with prestige.

"Cambie and Marine is the next hot spot in Vancouver West where young people, downsizers and new families will be looking to live, work and play," says Isaac Chan, director of sales for Concord Pacific, the developer of W1.

The area has roots in Vancouver West's heritage, with a young, up-and-coming edge, Chan says.

The area's accelerating growth, complete with Grade A offices, top-ranking schools, shops, and services and entertainment at your doorstep, will create a vibrant lifestyle of lasting value for all that live here.

For more, visit W1Vancouver.com.



THE MOST LUXURIOUS PROJECT IN THE NEIGHBOURHOOD

PRESTIGIOUS NEIGHBOURHOOD | **UNPARALLELED** ACCESS

W1

VANCOUVER WEST
FIRST CLASS LIVING

W1 is the largest residential project at the red hot "Cambie & Marine Hub", Conveniently located across from a new commercial complex, complete with supermarket, café, shops, movie theatre, fitness club and Class A offices. Poised to become a trendy focal point in prestigious Vancouver west, W1 provides effortless access to Downtown, the Airport and Richmond in minutes via the Marine Drive Skytrain Station.

Elegant and stylish inside and out, W1 is a reflection of the sought-after west side. With its hotel-inspired grand lobby, regal porte-cochère, beautifully landscaped garden terraces with lush green and water features and an array of luxurious amenities, W1 truly is the best of the best.

PRESENTATION CENTRE

88 Pacific Boulevard, Vancouver
(On the False Creek Seawall)
Open 10am-5pm daily

W1VANCOUVER.COM | 604.899.8800

All illustrations reflect the artist's interpretation of the project and do not take into account neighbouring buildings, physical structures, streets, and landscape. These matters will be governed by the terms of the applicable Disclosure Statement in each case. Prices and availability are subject to change without notice. Prices quoted are exclusive of any tax and may reflect various inclusions or exclusions in the offer including but not limited to finishing details and parking provisions. Please check with the Developers' representatives for further details. This is not offerings for sale. Any such offer may only be made with the applicable Disclosure Statement and Agreement of Purchase and Sale. Concord W1 Limited Partnership. E. & O.E.

CONCORD PACIFIC

Start a new lifestyle at South Point Walk

Millennials are moving outward from downtown Vancouver, finding beautiful, accessible places across the Lower Mainland that suit their lifestyles.

South Point Walk, a new 42-condo development in leafy, community-oriented South Surrey is a prime example.

"We're getting a lot of buyers who are millennials looking to buy their first homes as a great investment and a place to start their families," says Vanessa Isler, director of sales and marketing of StreetSide, developer of South Point Walk. "A lot of people are searching here to start the lifestyle they're looking for."

South Point Walk is the perfect location for homebuyers who are looking for a home that's close to the city and all its benefits, yet also in a green neighbourhood that feels safe, quiet and beautiful, and at an affordable price that will allow them to maintain the lifestyle they enjoy.

First-time homebuyers and downsizers looking to free up their capital will appreciate that homes at South Point Walk start at $248,900, including net GST. You can own with only a five per cent down payment. It's perfect for first-time homebuyers looking to get into the market.

South Point Walk is the right place for anyone who loves getting their exercise outdoors. The development is within walking distance of diverse nature walks, golf courses, a rowing club, and seaside promenades.

The shopping and entertainment destinations are just as diverse, with the South Point Exchange mall and South Point Annex shopping centre just around the corner.

The homes themselves are just as well-appointed as a downtown apartment, with stainless steel appliances and gas ranges, thick quartz countertops and distinctive Shaker-style cabinetry in the kitchen.

Bathrooms are luxuriously simple with polished stone counters, chrome fixtures and deep soaker tubs, while ensuite bathrooms feature the added luxuries of in-floor heating and enlarged showers.

Because everyone should have their own little piece of the outdoors, homes at South Point Walk were designed with generous patios on ground-floor homes, and balconies on upper floors that overlook the natural green space and family-friendly amenity areas.

CONTRIBUTED

The South Point Walk sales centre and display suite are open at 15188 29A Ave., in Surrey. For more information, call 604-560-3238.

We're Move In Ready

GST INCLUDED ▪ 5% DOWN PAYMENT ▪ HOMES FROM 240'S*

SOUTH POINT WALK

We're ready for you to move in today!

South Point Walk is located in the heart of South Surrey within walking distance to everything you will ever need or want. Quick access to South Point Exchange Mall, groceries, restaurants, conveniences, big brand stores, boutique shops, transit, parks, paths, and green spaces. Spacious 1, 2, and 2 plus den homes are elegantly appointed with quality finishings including gas ranges, stainless steel appliance packages, Shaker style cabinetry, and thick quartz island countertops. Make a move home to South Point Walk now!

SALES CENTRE OPEN DAILY
12 to 5 pm (Except Fridays)

152nd Street & 29A Avenue
Surrey, British Columbia
604.560.3238

SouthPointWalk.ca

* See sales representative for details. Prices and incentives subject to change without notice.

STREETSIDE DEVELOPMENTS A QUALICO Company

SHUTTERSTOCK IMAGES

Live life to the fullest at Milano

Burnaby's Brentwood area is one of the hottest up-and-coming neighbourhoods in Vancouver, and now there is a condominium development at the centre of it all that stands out for its perfect balance of luxury and accessible lifestyle.

Milano is a new collection of 176 luxury concrete residences two blocks south of the Brentwood SkyTrain Station that will bring the epitome of modern Italian chic to north Burnaby.

"Italian style is all about enjoying life to the fullest," says Matthew McClenaghan, the director of sales of Milano. "That philosophy is at the heart of Milano."

Milano is a creative collection of homes designed for every lifestyle, including convenient work-live residences, multi-storey townhomes, contemporary apartment residences, and exclusive private collection suites. They come in one-bedroom, one-bed-and-den, two-bedroom, and three-bedroom homes.

Visitors will feel a rich sense of culture and luxury at Milano as soon as they walk through the main door into the grand, three-storey lobby with gorgeous artwork and water feature.

Once you reach your floor in the 30-storey tower and step through the door, you will find that the interiors are a true expression of luxury through beautiful materials and home design that emphasizes quality of life.

High-end finishes create a sense of polish. Kitchens are a chef's dream, with Italian imported cabinetry, integrated, European appliances, and air conditioning in every home. When you are looking for a place to sit with your espresso, the oversized balconies provide the luxury of space and enviable views.

Residents will be able to feel a sense of Italian hospitality in Milano's amenities, which include a large amenities room with kitchen and lounge areas, a gym with steam room, hot tub and change areas, the signature Solterra outdoor movie theatre, and many more.

The neighbourhood is changing quickly, with parks, greenways and a new elementary school proposed just five minutes away, alongside many established community hubs and green space.

The Solterra Group of Companies has been building for nearly 20 years, and has produced many neighbourhood-defining developments in some of Vancouver's most distinct areas, including Vita and Dolce at Symphony Place beside The Orpheum, Vancouver's classic performance venue, and Keefer Block, a distinctive new development in Chinatown.

For more information, visit milanoliving.ca.

MILANO

HIGH LIVING · HIGH STYLE

PEOPLE WILL STARE. MAKE IT WORTH THEIR WHILE

HARRY WINSTON

LUXURY CONCRETE RESIDENCES
COMING FALL 2015
BRENTWOOD, BURNABY

REGISTER TODAY
604.294.8989
MILANOLIVING.CA

solterra
(Milano) Limited Partnership

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TAILORED TO FIT YOUR FAMILY

Savile Row takes its name from the historic fashion district of London, which is synonymous with quality and style. The exclusive community of Savile Row is designed and built by a team with a proven track record of providing homeowners with the same level of care and craftsmanship that you would find from its namesake.

Savile Row is the epitome of modern elegance, tailored to suit the needs of modern professionals and families.

"This is a unique project that creates a seamless fusion of classic and contemporary elements," says Jim Billingsley, principal of Woodbridge Northwest Communities.

Designed by award-winning GBL Architects, this exclusive new collection of contemporary townhomes and flats in Burnaby offer classic, Tudor-inspired architecture, created with craftsmanship by homebuilder Woodbridge Northwest Communities. It seamlessly merges strong, classic architectural elements like brick, with contemporary details for a timeless exterior aesthetic.

The interiors at Savile Row reflect the same timeless feel. Designed by prestigious Gastown interior design firm I.D. Lab, the homes showcase natural light using open layouts, nine-foot ceilings throughout the home, and generous windows.

"The homes at Savile Row evoke a sense of spaciousness," Billingsley says. "It's apparent as soon as you walk in the door."

CONTRIBUTED PHOTOS

The homes' intelligently designed spaces are complemented by plentiful natural light to create a warm lighting scheme wherever you happen to be in the home.

The kitchen is a chef's workspace, set against a distinctive backdrop of polished quartz countertops and a matte white porcelain backsplash.

Savile Row's kitchens are built on premium stainless-steel appliances, including a GE self-cleaning gas range with AEG integrated slide-out hood fan, Samsung refrigerator and integrated panel GE dishwasher. The kitchens are finished with premium fixtures, including a modern stainless steel undermount sink, Grohe pull-down faucet and in-sink disposal.

Once dinner is ready, take your meal out to Savile Row's expansive private patios and yards. They are perfect for residents who are looking for a safe place for kids to play, or want to barbecue.

Usability and practicality were carefully considered in Savile Row's design. The homes have ample storage space that's flexible to your needs. Details like soft closing cabinet drawers and doors and adjustable cabinet shelving make the homes ergonomic and a pleasure to use.

And no matter the buyer, whether a young family, downsizers or a single person, safety and security are a given. At Savile Row, that includes private garages, a secure underground parkade, secure bike lockers, and roughed-in home security.

"We've thought of everything our buyers are going to want as part of their lifestyle," Billingsley says.

For more, visit liveatsavilerow.com.

A rare, urban park-side experience

There are quiet, undiscovered enclaves in the Lower Mainland where you can still find homes that are well-priced, beautifully appointed and located in an established neighbourhood close to everyday urban conveniences.

Savile Row is the perfect example. The collection of classically designed two-, three- and four-bedroom townhomes, plus a selection of studio and two-bedroom garden-level flats in central Burnaby is perfect for young families and professional couples who are looking for a connected, tree-lined community.

Join the sales team for the grand opening of Savile Row this Saturday from noon to 5 p.m., and the public unveiling of its exquisitely crafted flats and townhomes.

"The homes really need to be seen to be fully appreciated," says Jim Billingsley, principal of Woodbridge Northwest Communities. "Besides being gorgeous homes, I think the popularity of Savile Row's park-side setting will attract people that are looking for a real sense of community that is in close proximity to amenities, schools, parks and transportation."

Visitors to the recently completed presentation centre and display home will discover a rare, urban park-side living experience, just steps from more than 1,400 acres of parks, trails and lakes. Savile Row is located between two of Burnaby's most beautiful features — Burnaby Lake and Deer Lake. Walk down tree-lined Sperling Avenue five minutes south to Deer Lake Park and spend a sunny afternoon canoeing on the lake, or explore the extensive lakeside boardwalks and mature forested trails.

Young families looking to find a larger home to grow in will have unrivalled access to an exceptional array of community amenities, with farmers' markets, top schools, and arts and cultural centres all within walking distance.

MAINTAIN A WELL-ROUNDED LIFESTYLE

When you are looking to exercise, or just meet your neighbours at Savile Row, the best place to start is at home. The Savile Row community will provide residents the opportunity to keep fit and cultivate a well-rounded lifestyle.

Work out at the exclusive, residents-only gym with state-of-the-art equipment and a yoga and spin studio area.

The entertainment clubhouse is a great place to rent out for your next surprise party, board games night or kids' birthday party.

The open common spaces have children's play areas, which is a great place for parents to mingle and kids to play.

The presentation centre, located at 4991 Claude Ave., in Burnaby, will be open daily from noon to 5 p.m., beginning Saturday.

For more, or for a private viewing, call 604-833-1606, email info@liveatsavilerow.com or visit liveatsavilerow.com.

CONTRIBUTED PHOTOS

GRAND OPENING EVENT

SATURDAY SEPTEMBER 26 – 12PM TO 5PM

SAVILE ROW

2, 3 + 4 BEDROOM TOWNHOMES

from the

LOW $500,000s

A landmark collection of contemporary Burnaby townhomes + flats, steps from Deer Lake Park.

REGISTER TODAY

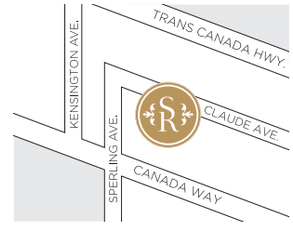
LIVEATSAVILEROW.COM

604.833.1606

PRESENTATION CENTRE

4991 CLAUDE AVENUE, BURNABY, BC

OPEN DAILY 12-5 PM (CLOSED FRIDAYS)



WOODBRIDGE NORTHWEST

SALES AND MARKETING BY BLVD

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Making a tangible difference

CONTRIBUTED

Not just any rental apartment will make you feel proud to live there.

Hollyburn Properties' portfolio of rental apartments across the Lower Mainland and Canada hit the mark by providing sustainable, high-quality, and community-oriented homes that make renters feel proud of where they live.

Environmental and social sustainability are a top priority at its forward-thinking rental communities. For 40 years, Hollyburn has promoted green urban living and an eco-friendly lifestyle by educating its residents on what it means to live green. Household donation bins and annual clothing drives promote upcycling and benefit local charities; green bins for organics composting divert thousands of pounds of garbage from our landfills; while low-consumption, water-saving and high-efficiency equipment, lighting and appliances lead to lower energy consumption and translate to lower utility bills.

"Every one of our environmental initiatives has been driven by our desire to be sustainable over the long term," says Allan Wasel, general manager of Hollyburn Properties. "We deal with apartment buildings that consume gas, water, electricity and other resources, so we are in a position to make a tangible difference in the world by optimizing the efficiency of our operations."

True sustainability goes far beyond energy consumption and carbon emissions, however. It is established by creating an environment that fosters human interaction along with comfortable and safe living spaces where a real community can flourish.

Regular in-house events such as Christmas parties, summer barbecues, community gardens, contests and charity food drives, and seasonal lobby decorations provide an opportunity to get to know your neighbours. Seating areas and complimentary Wi-Fi in all lobbies and laundry rooms are also provided.

These types of initiatives promote interaction between residents and enhance the experience of urban living, leading to a sharing of information and resources and the creation of an urban network.

Hollyburn also supports a broad range of community partnerships and initiatives.

"One of our company's proudest achievements involves long-standing partnerships with several community organizations," Wasel says. "The expansion of our Covenant House Youth Housing Program, in particular, currently provides five fully-furnished apartments to street-involved youth at a completely subsidized rent for a year as they transition to independent living. Hollyburn has become the pioneer in progressively supporting those who need housing most by giving them just that, actual housing."

ENTER TO WIN FREE RENT FOR A YEAR

Imagine the freedom of living rent-free for a year. Until the end of October, show your dedication to your community and you will have a chance to make that dream come true.

To celebrate 40 years of building rental communities across Canada, national property management and development company Hollyburn Properties will be rewarding one lucky person with free rent for a year in a premier one-bedroom Hollyburn apartment in Vancouver, Calgary, Toronto, or Ottawa.

"The objective of the free rent contest is to reward an individual who participates above and beyond in community service," says Allan Wasel, general manager of Hollyburn Properties. "We feel strongly that community values help foster healthy and sustainable living environments. Hollyburn supports a number of charity partnerships and sponsorship programs and, in doing so, seeks to positively impact every neighbourhood we are privileged to be a part of."

The Hollyburn free rent contest is being launched to celebrate those individuals in Canada who are likewise dedicated to social impact through community involvement. To enter the contest, participants must describe how they, or someone they know, contribute to building their community.

CONTRIBUTED

Examples of community-building include volunteering, involvement in non-profit organizations, or participation in projects with positive social impacts.

The possibilities for community contribution are diverse. Are you a member of Big Brothers Big Sisters of Canada? Do you volunteer to pick up garbage in your community's parks? Do you donate blood? All of your positive actions in the community count, and Hollyburn Properties wants to recognize them.

The family-run company actively supports a mission of community service and outreach.

Contest entrants can supplement their submission with pictures, videos, letters of reference, or any additional documents that support their nomination. A judging panel will carefully select three top finalists, whose profiles will be publicly voted upon from Nov. 9-30 to determine who will win free rent for a year. The prize winner will be announced in early December.

With 51 rental communities on the North Shore, in the West End and on the West Side, and 81 in total across Canada, and a dedicated customer service team, Vancouverites can be certain they will find a Hollyburn apartment they love and want to call home.

"The free rent contest is a chance for renters to win a very valuable, very flexible opportunity," Wasel says. "In a city where over 50 per cent of residents rent and the vacancy rate hovers around 0.5 per cent, the availability of quality rental housing can be a challenge. We want to take care of that stressor and allow the recipient to focus on making a difference in their community."

For more information, watch the YouTube contest video, or visit hollyburnfreerent.com.

INDUSTRY LEADER

"It's a real advantage and a load off your mind to know that your home is safe, well-maintained and well-managed," says Allan Wasel, general manager of Hollyburn Properties.

The family-owned company has been an innovative industry leader in real estate investment and property management for 40 years, with a specialization in multi-family housing.

Hollyburn Properties builds communities, rehabilitating existing rental housing properties to create high-quality homes. Its dedication to service and professionalism, and the comfort and safety of its residents has helped the company grow to more than 5,000 rental units in 81 communities in Vancouver, Calgary, Toronto, and Ottawa.

For vacancies, prices, virtual tours and more information, visit hollyburn.com.

HOLLYBURN PROPERTIES LIMITED | 40 YEARS

FREE RENT CONTEST

WE WANT TO REWARD 1 DESERVING PERSON WITH FREE RENT FOR A WHOLE YEAR!

#hollyburnfreerent

TELL US WHY YOU SHOULD WIN @

HOLLYBURNFREERENT.COM

*Free Rent For a Year contest prize will be awarded to 1 individual with a monthly rent coverage of $1400/ without future adjustment.

Creating a vision for Surrey's future

Evolve will offer what homeowners want and need

CONTRIBUTED

There's a new beacon among the iconic buildings in Surrey's City Centre.

Rising 35 storeys above Surrey City Centre, Evolve is a new collection of homes designed with vision.

"We wanted to create a landmark in Surrey," says Brian Regehr of WestStone Group, the developer of Evolve. "We love this city and want to help it grow into the future. To accomplish that, we created a vision of what forward-thinking homebuyers are going to want and need."

Located within the West Village community in Surrey City Centre, Evolve is designed to become a landmark residential building with outstanding livability.

The development was designed by award-winning Chris Dikeakos Architects Inc., a firm that has transformed skylines across North America from San Diego to Los Angeles. The firm's work in the Lower Mainland includes Burnaby's Solo District and Station Square projects.

The home interiors are bright, cleverly designed and welcoming, with warm minimalist finishes. The chrome hardware and laminate hardwood flooring in the entry, bedroom, den, dining and living areas are polished and modern.

Buyers can customize their homes with a choice of two interior design colour palettes in contemporary light or dramatic dark neutrals.

Another design aspect that brings a contemporary feel to Evolve homes are the 8.5-foot ceilings, which fill homes with natural light from Evolve's spectacular floor-to-ceiling windows.

The solid, concrete construction, which provides excellent heat and sound insulation, will give homeowners a feeling of comfort and privacy.

"WestStone's goal is to create living spaces that reflect the values of their buyers," says Kiran Rai, marketing director for Macdonald Realty Platinum Project Marketing.

Spacious balconies give residents lots of room for entertaining, or simply sitting with a cup of tea for a relaxing moment.

Kitchens define modern luxury with their soft-close hardware, stainless steel undermount sinks, quartz countertop and backsplash, and quality stainless steel appliances by GE.

Lifestyle is part of a modern home, too. Residents at Evolve can work out at the fully equipped gym and fitness room. Bring your friends to the theatre and multimedia room, or cook together in the social room with its fully-equipped kitchen.

Convenient and practically designed, yes, but Evolve wouldn't be a landmark without a little extra drama and luxury. The building is topped by a spectacular sky floor amenity.

Studios, one-bedroom, two-bedroom and two-bedroom plus dens are available at Evolve, as well as townhome lofts and penthouses.

For more, visit evolvecondos.com.

WORRY-FREE MORTGAGE FOR TWO YEARS

When you are buying a new home, you need to look ahead and see how that home will fit within your lifestyle and budget.

At Evolve, you can take one worry off that list. The next 40 buyers at Evolve will have their mortgage paid for by the developer WestStone Group for the first two years.

What could you do with your income instead during those two years? Pay down your mortgage principle, bring your dream home to life, go to school — the world is your oyster.

For more, visit the Evolve presentation centre at 13328 104 Ave., in Surrey.

CONTRIBUTED PHOTOS

TAKE ADVANTAGE OF A PERFECT SETTING

Evolve was designed from the get-go to be incredibly pedestrian friendly.

The inspiration for Evolve stemmed from the architect's mandate to create a desirable highrise in a unique setting that underscores pedestrian friendly convenience and affordability.

Surrey City Centre is the perfect setting. The city has become the fastest-growing region in B.C., thanks to more than $7 billion in public and private funds invested in Surrey City Centre over the last eight years.

That investment created a vibrant new downtown core that is driving investment and culture in Surrey.

And Evolve residents get to take advantage of all of it. When you need to travel to other parts of the city, hop on at Surrey Central SkyTrain station, just a 10-minute walk away.

The city has invested in infrastructure that makes quality of life in Surrey outstanding. Investments include the eye-catching flagship public library, designed by Bing Thom Architects. The civic plaza often hosts activities like the Surrey Farmers' Market, and the new city hall and performing arts centre are always buzzing with activity.

> ***"EVOLVE IS REALLY AT THE SOCIAL AND ECONOMIC HUB OF SURREY ..."***
>
> ***– Kiran Rai, marketing director for Macdonald Realty Platinum Project Marketing***

"Evolve is really at the social and economic hub of Surrey, and our residents will have access to all of it," says Kiran Rai, marketing director for Macdonald Realty Platinum Project Marketing.

There's easy accessibility to learning institutions, whether you are going to school full time or you are a lifelong learner who enjoys taking classes and improving your skills and knowledge with night and weekend courses.

Simon Fraser University's Surrey campus and an Arts Umbrella satellite location, as well as recreational facilities, are located a short walk away at Central City Shopping Mall, a stunning, modern glass mixed-use building beside the Surrey Central SkyTrain Station.

More than 45 hectares of parkland and green space are located around Surrey City Centre, too.

In the immediate neighbourhood, Evolve is part of a larger community. Located on 104 Ave. near University Drive, in the neighbourhood known as West Village, Evolve is one of six Surrey City Centre condominium towers and more than 2,800 new homes under development by WestStone Group.

The development will soon be home to more than 100,000 square feet of office and retail space, including a green grocer, cafés, and an eclectic selection of shops and services.

How's your real estate vision?

D
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at evolve

evolve condominiums

Live Mortgage Free For Two Full Years!

Act Quick! For the next 40 buyers at Evolve, the developer makes their mortgage payments for two full years. That means you'll live mortgage free until 2020!!!

NOW THAT'S 2020 VISION

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WESTSTONE GROUP

PLATINUM PROJECT MARKETING

Evolve is slated for completion in 2018. The "live free mortgage incentive" covers mortgage payments for two full years following tower construction completion. See a Sales Representative for details. Illustration reflects the artist's interpretation of the project and does not take into account the neighbouring buildings, physical structures, streets and landscape and, when built, may be noticeably different than what is depicted. Promotions and unit starting prices and availability are subject to change without prior notification. E & O.E.

CONTRIBUTED

THE PLEASURES OF LUXURY LIVING

Luxury is a word often used to describe condo developments, but one condo development stands out.

One Burrard Place, set to be move-in ready for fall 2018 in downtown Vancouver, is one of the most distinguished developments in the city, with many amenities that are the first of their kind in a residential building in the city.

The amenities speak volumes about the quality of the project. At One Burrard Place, luxury goes beyond just the look and feel of the homes themselves. You will find it in the places, services and opportunities that you will have easy access to in the building.

Standout services include a 24/7 butler concierge service for all your needs — big or small.

The private shopping salon within the building delivers high-end fashion and accessories to residents. Getting fittings couldn't be easier so close to home.

One Burrard Place residents will have exclusive access to an impressive 30,000 square feet of amenity space.

DOWNTOWN RESIDENTIAL DESTINATION

A team of focused local developers is leading the way in transforming Vancouver. One Burrard Place will be located on what is now the largest development site in downtown Vancouver.

The team created One Burrard Place as a downtown residential destination and a major new piece of the puzzle to the city.

Meticulously designed by IBI Architects and carefully finished by acclaimed Vancouver architecture firm OMB, the development embodies sleek design.

One Burrard Place developers have a long history of creating local buildings to very high standards. Reliance Properties is a family-owned company that has been involved in Vancouver real estate for 50 years, and has received many accolades for its work, including most innovative company in 2013 by BC Business.

Jim Pattison Group, the other major name behind One Burrard Place, comes to the project with more than half a century of history in Vancouver, as well as annual sales of more than $8.4 billion and more than 39,000 employees across many sectors worldwide.

The development was designed to feel like a five-star hotel. For residents of One Burrard Place, the pleasures of luxury living will become a full-time lifestyle.

Did you come back from your Okanagan wine tour with a few bottles you would like to keep in reserve? Keep them in the development's private, temperature-controlled wine cellars. When you finally pop them open, you can reserve one of two private dining venues in the building so you can treat your guests. One Burrard Place has a chef ready on demand to cater your gatherings.

After dinner, take your guests out for a viewing party to see the spectacular Vancouver skyline on the outdoor roof terrace. Enjoy an after-dinner treat, watch the Vancouver nightlife start, or relax at the outdoor fire pit and lounge.

Imagine having access to a range of state-of-the art workout equipment, all without having to leave the comfort of your home. At One Burrard Place, you will have your own private fitness centre and pool, available any time you want to use them.

The outdoor yoga studio creates a space for you to find your centre, stretch out, relax and contemplate the day.

Having workout spaces in the building is much more convenient for residents compared to going out to an external gym, helping residents get moving more often to maintain their health and fitness.

Your reward? A trip to the hot tub, steam or sauna, which are also perfect for those cold days when you get home and want to warm up to the core. Massage treatment rooms will give you a place to wind down after a stressful day.

No ordinary development

CONTRIBUTED PHOTOS

There is just something about downtown that makes it special. The air crackles with energy and a sense of endless possibilities.

In downtown Vancouver, there will soon be a new fixture on the skyline — Vancouver's third-largest tower is on the horizon: One Burrard Place.

Designed to occupy a full city block and soar 60 storeys high, the much-anticipated One Burrard Place is no ordinary condo development.

The development team had a vision for what Vancouver could become with One Burrard Place — a well-designed, sparkling glass metropolis where high design and luxury meet green space and community.

At One Burrard Place, luxury means residents get the whole package — a spectacular home, outstanding amenities and the entire city at their fingertips.

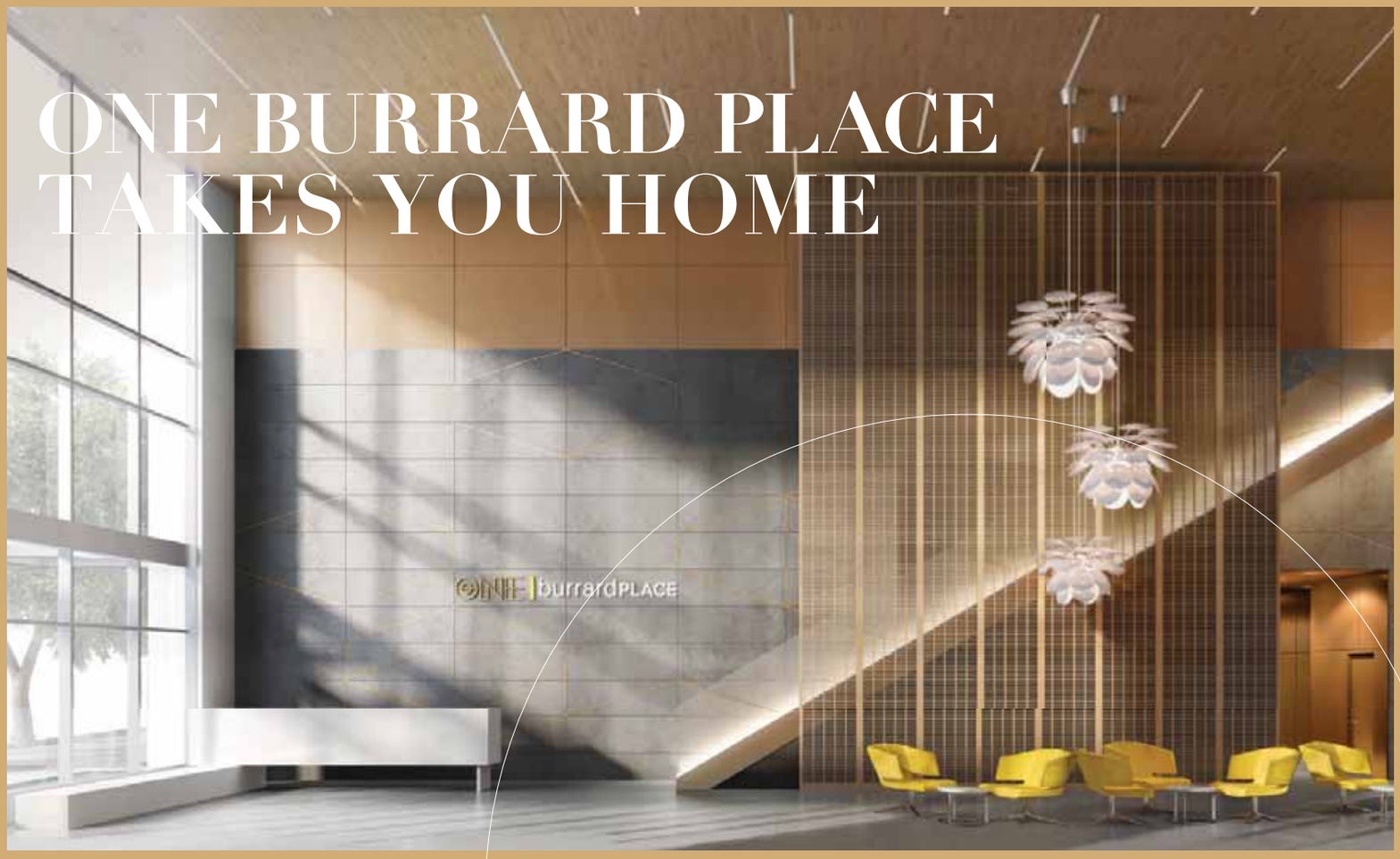
Vancouver is known for its outdoor activities and you will be perfectly positioned to take advantage of them. Step out your door and take a walk, bike or in-line skate to the Seawall — the waterfront pathway will lead you all the way around the city to many top destinations, including Granville Island and Stanley Park.

The shops, services, restaurants and entertainment within a block's walk from One Burrard Place provide everything residents will need, from groceries to designer homewares.

Home sales will begin this fall.

For more information, visit burrardplace.ca.

ONE BURRARD PLACE TAKES YOU HOME



ONE

burrardPLACE

limitless luxury

- SIXTY STOREYS IN THE SKY
- LIMITLESS VIEWS
- ONE FULL CITY BLOCK
- 30,000 SQ FT PRIVATE AMENITY CLUB
- BUTLER CONCIERGE
- PRIVATE WINE CELLARS
- PERSONAL SHOPPING SALON
- STAR CHEF ON DEMAND

DEVELOPED BY: BURRARD PLACE RESIDENTIAL A LP

RELIANCE PROPERTIES

THE JIM PATTISON GROUP

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Under the weather? Sleep it off

SHUT-EYE

More than six hours of sleep is key to fighting off colds: Study

Andrea Janus
For Metro

A recent study shows that those who slept less than five hours in a night were 4.5 times more likely to catch a cold. SHUTTERSTOCK

If an apple a day keeps the doctor away, what does a good night's sleep get us?

A healthy immune system, experts say, which is key for warding off illnesses, including cold and flu.

"It's well-studied and well-known that reduced hours of sleep, particularly anything less than six hours, is known to impact our immune system and significantly makes us more susceptible to illness because it seems to reduce how our immune system functions to rid the body of viruses and other micro-organisms," said Dr. Scott Gledhill, a family physician at the Medcan Clinic in Toronto.

One reason for this could be cortisol, the hormone that your body releases when it's under stress. Cortisol levels can be affected by various factors, Gledhill said, including a lack of sleep, how much exercise you are getting, the food you are eating, and how much stress you feel in your daily life.

But sleep appears to be a major culprit when it comes to increased susceptibility to a cold, says a study published earlier this month in the journal Sleep. According to the findings, sleeping for six hours or less per night can increase the risk of developing a cold. Study participants who slept for five to six hours per night were 4.2 times more likely to develop a cold. Participants who slept for less than five hours were 4.5 times more likely to catch a cold.

Even when the researchers considered other factors, from smoking and drinking habits, to stress levels and even the amount of money the participants made, sleep duration was still the most important risk factor.

"It goes beyond feeling groggy or irritable," lead study author Aric Prather of the University of California San Francisco said in a statement. "Not getting sleep fundamentally affects your physical health."

While the study did not prove that less sleep was the cause of the cold in the participants who got sick, the findings build on previous research that shows the importance of sleep in keeping you healthy.

Log off for better health

With growing evidence that a lack of sleep can increase susceptibility to cold and flu, now is a good time to cut back on things that might lead to less shut-eye.

Could Internet use be a culprit?

Researchers from Swansea University and the University of Milan have found that people who reported having an Internet addiction also reported more cold and flu symptoms than moderate internet users — about 30 per cent more.

The study "begins to get us to think about" whether staying indoors and using the Internet has some association to poor health and poor general wellbeing, said Dr. Mike Allan, professor and director of evidence-based medicine in the University of Alberta's department of family medicine.

"There's a lot of opinion right now that a lot of people, particularly young people, are addicted or using the Internet to an unhealthy level, or computers in general," Allan said. "So this starts us thinking that there may be some support for that belief system, but we need to go further. This is the beginning, what we would call a signal to do more research."

ANDREA JANUS/FOR METRO

YouTube is addictive after midnight. But take a break from the Internet and get some rest. SHUTTERSTOCK

INSOMNIAC OLYMPICS

The keys to a good sleep

There are many reasons why you may be getting poor-quality sleep every night — or not enough sleep overall. Dr. Scott Gledhill, a family physician at the Medcan Clinic in Toronto, shared some tips for a restful night:

PUT AWAY THE ELECTRONICS
This one is easier said than done, of course, but ambient light from your tablet or smartphone affects the part of your brain that releases melatonin, the hormone involved in helping you fall asleep. Try to stop screen time an hour-and-a-half before bed.

Bedtime: Are you ready? SHUTTERSTOCK

HOLD THE SPICE
If you like your food fire-engine hot, avoid these after 2 or 3 p.m. The same goes for caffeine and other stimulating foods and drinks.

EXERCISE, BUT NOT TOO LATE
Exercise tires you out and helps you get to sleep. But if you do it too late in the day, your surging adrenaline levels will keep you from counting sheep.

ANDREA JANUS/FOR METRO

Advil and heads up
Advil prepares you for cold season with fast and effective relief of symptoms from coughs to congestion.
Advil and go
™

TAKE AN ADDITIONAL

$3 OFF ON SELECT ADVIL COLD PRODUCTS

ON SALE NOW AT MOST OF YOUR FAVOURITE RETAILERS

BE SURE THIS PRODUCT IS RIGHT FOR YOU. READ AND FOLLOW THE LABEL.

TO THE DEALER: You will be reimbursed on the face amount of the coupon plus normal handling charge provided you, as our agent, receive it from a customer on the purchase of any Advil Cold product, excluding Advil Cold & Sinus 10's size. Other applications constitute fraud. Failure to produce on request, invoices proving purchases of sufficient stock to cover coupons presented will, at our option, void coupons. Application for redemption accepted from principals only. All coupons submitted for redemption become the property of Pfizer Consumer Healthcare, a division of Pfizer Canada Inc., P.O. Box 3000, Saint John, N.B. E2L 4L3. TO THE CUSTOMER: Where applicable, consumer must pay tax. Offer good only in Canada, excluding Quebec. Limit one coupon per purchase per customer. Not to be used in conjunction with any other offer. Void where prohibited by law. Expiry date: November 30, 2015

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metro SPORTS
Your essential daily news

Oklahoma City's Kevin Durant has been cleared to play after a series of right-foot injuries

Jonny on the spot for Lions

CFL

Being thrown into deep end is routine for quarterback

Jonathon Jennings has been here before.

A true freshman quarterback at Saginaw Valley State University back in 2010, Jennings started five games as an 18-year-old before going on to a decorated career with the Cardinals, including 31 touchdown passes as a senior.

Fast-forward five seasons and he's getting thrown into the deep end once more with the B.C. Lions.

With both Travis Lulay and John Beck out injured, Jennings will make the first professional start of his career on Saturday when the Lions visit the Edmonton Eskimos.

"I relate this very much so to that," the 23-year-old said after Wednesday's practice. "I kind of got thrown into the fire in college my freshman year. You just try to learn as much as you can from those vets.

"You have to be realistic with yourself. You're not going to know everything but you have to go out there and try to do what you can."

Lulay suffered a knee injury on Sept. 3, while Beck went down with a pectoral-muscle ailment in Friday's 35-23 road loss to the Calgary Stampeders, meaning that in a few short weeks Jennings has gone from No. 3 to No. 1 on the depth chart.

It's quite a turn of events for the Columbus, Ohio, native following a 2014 season when he bounced around a few NFL mini camps after getting a look from the Saskatchewan Roughriders.

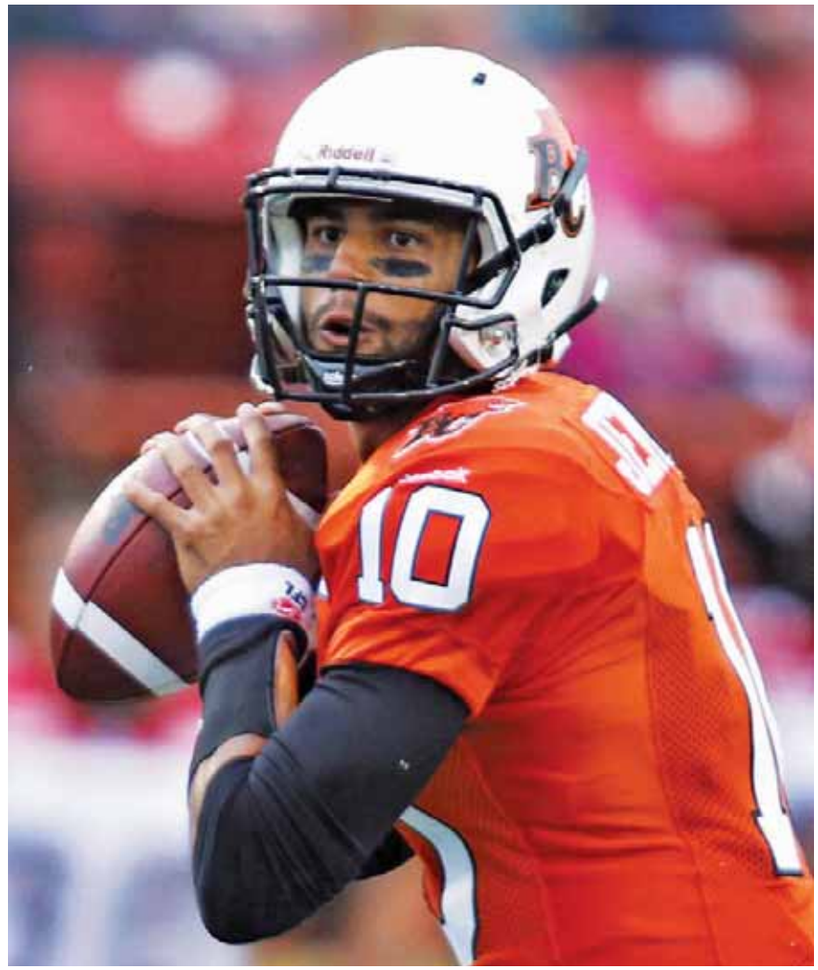
After a string of disappointments, Jennings wasn't sure if he had a future in football.

"That went through my head a couple times. It was a tough year, just hoping that somebody would take a shot," he said. "I always believed in myself, but if the right opportunity doesn't come, then you're just sitting there waiting."

> **"His athleticism's going to take us a long way.**
> Andrew Harris

The six-foot, 195-pound QB who can make things happen with his feet as well as his arm finished 15 of 28 passing for 252 yards against Calgary after Beck went down. But he also threw three interceptions and knows he needs to minimize mistakes for the Lions (4-7) to have any chance against the Eskimos (8-4) as they continue to battle for a West Division playoff spot.

"We have an excellent team. We've just got to put it all together," said Jennings. "Big plays are something you need in a football game, especially on offence, but if it's not there I'm going to try not to force anything." THE CANADIAN PRESS



In a few short weeks, Jonathon Jennings went from No. 3 to No. 1 on the Lions' depth chart. JEFF MCINTOSH/THE CANADIAN PRESS

IN BRIEF

Sens cut down Sabres

Max McCormick, Alex Chiasson and Zack Stortini scored in a span of 3:26 in the second period to help the visiting Ottawa Senators beat the Buffalo Sabres 5-2 in exhibition play Wednesday night.

Mika Zibanejad and Ryan Dzingel also scored for Ottawa.

Matthew O'Connor stopped all 18 shots he faced in the first 29:26. Chris Driedger made 22 saves the rest of the way, allowing only Evander Kane's two third-period goals. Kane had short-handed and power-play goals.

Ottawa's Robin Lehner made 16 saves on 19 shots in the first two periods. Andrey Makarov stopped five shots in the third. THE CANADIAN PRESS

Galaxy advances to second round with draw

Alan Gordon scored in the 82nd minute and the Los Angeles Galaxy tied Central FC 1-1 on Wednesday night to wrap a spot in the second round of the CONCACAF Champions League.

Los Angeles improved to 2-0-1 with one Group E game left Oct. 21 at Comunicaciones of Guatemala. The Galaxy routed Central 5-1 on Aug. 6 in California.

Willis Plaza scored for Central (1-2-1) in the second minute.

Comunicaciones is 1-2-0. THE ASSOCIATED PRESS

Chad Marshall of the Sounders rises above the Whitecaps' Nicolas Mezquida on Wednesday night. THE ASSOCIATED PRESS

CONCACAF CHAMPIONS LEAGUE

Sounders blast Whitecaps

Lamar Neagle scored two goals and the Seattle Sounders beat the Vancouver Whitecaps 3-0 on Wednesday night to earn a spot in the CONCACAF Champions League quarter-finals.

Seattle completed Group F play at 2-1-1 and seven points. Vancouver (1-1-1, four points) still can tie on points by beating Olimpia in Honduras on Oct. 22, but the Sounders own the tiebreaker on goal differential, 4-1. The teams drew 1-1 in Vancouver on Aug. 5.

Nelson Valdez also scored for Seattle.

WEDNESDAY In Seattle

3	0
SOUNDERS	WHITECAPS

In the 32nd minute, Chad Barrett flicked the ball into the left side of the six-yard box. Neagle ran onto it and one-timed a shot into the back right corner past goalkeeper Paolo Tornaghi.

Valdez scored in the 39th. Marco Pappa curled a free kick from the far right side into the box. Barrett and Valdez both went up for the ball, Valdez winning it and sending it off the back of his head into the right corner.

Neagle made it 3-0 just 1:04 after halftime when he received a through ball from Barrett, took it into the box and beat Tornaghi from 15 yards straight in front.

The eight-team knockout stage is Feb. 23 to March 1.

The Whitecaps will host New York City FC in league action on Saturday night. THE ASSOCIATED PRESS

MLS DROGBA, IMPACT COOL FIRE Didier Drogba heads in his fifth goal in four starts with the Impact in Wednesday night's 2-1 MLS win over the Chicago Fire in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Russell Martin takes a bow following his three-run blast on Wednesday night at Rogers Centre. NATHAN DENETTE/THE CANADIAN PRESS

Russell-mania runs wild

MLB

Martin powers Blue Jays to series victory over Yankees

Russell Martin hit a three-run homer and Marcus Stroman threw seven scoreless innings as the Toronto Blue Jays defeated the New York Yankees 4-0 on Wednesday in the rubber match of a pivotal three-game series between American League East rivals.

Martin turned on a 2-2 pitch from Andrew Bailey in the seventh inning for his 21st homer of the year. Brett Cecil and Roberto Osuna completed the shutout in front of a boisterous sellout crowd of 48,056 at Rogers Centre.

The victory restored Toronto's 3-1/2-game cushion on the second-place Yankees in the division standings. New York (83-68) has 11 games left to play, one more than the Blue Jays (87-65).

Toronto entered play 1-1/2 games behind Kansas City for the best record in the American League. The Royals were at Seattle on Wednesday night.

Stroman (3-0), making his third start after missing most of the season while recovering from knee surgery, allowed five hits and a walk. He had five strikeouts and trimmed his earned-run average to 1.89.

WEDNESDAY In Toronto

BLUE JAYS	YANKEES
4	0

The Blue Jays had their chances against Yankees starter Ivan Nova but didn't score until he left the game after issuing a two-out walk to Martin in the sixth. Left-hander James Pazos gave up a single to Ryan Goins that moved Martin to third base and Kevin Pillar drove him in with a single off reliever Caleb Cotham.

Toronto would load the bases before left-fielder Brett Gardner tracked down a Ben Revere drive near the warning track for the third out. Nova (6-9) allowed one earned run, four hits, two walks and had six strikeouts.

Stroman retired the first eight batters he faced before Didi Gregorius hit a flare that landed in shallow centre field. Jacoby Ellsbury flew out on the next pitch to leave him stranded.

New York put two runners on in the seventh after a walk and a single but Stroman got Dustin Ackley to line out to centre field. Donaldson led off the home half of the inning with a double and moved to third on a Bautista grounder.

Edwin Encarnacion was intentionally walked and stole second as Smoak struck out. Martin followed with a blast over the left-field wall that tied his season-high for homers, set in 2012 with the Yankees.

THE CANADIAN PRESS

YOGI TRIBUTE

A moment of silence was observed before the game for Yankees legend Yogi Berra, who died Tuesday at age 90. The Hall of Fame catcher won 10 World Series championships with the Yankees.

NFL

Chancellor ends holdout and reports to Seahawks

After nearly eight weeks of being absent and losing out on potentially more than $2 million, Kam Chancellor returned to the Seattle Seahawks on Wednesday.

His holdout is over and the menacing presence of No. 31 could be back on the field for Seattle as early as Sunday.

"I just feel like the time is now. I've always been a guy who follows my heart. Just watching my teammates and my team play, week to week, that first and second game, watching those losses hurt me, being the leader that I am," Chancellor said. "So I think the time is now to come back, put all business to the side and address that after the season, just get back to work."

Chancellor reported to the team's facility early Wednesday morning, ending a holdout that started when he missed the first day of training camp on July 31 and lingered through the 0-2 start to the regular season for the Seahawks, who lost to St. Louis and Green Bay.

Seattle will have a two-week roster exemption for Chancellor, but he must be added to the active 53-man roster at least 24 hours prior to kickoff to play either this Sunday against Chicago or Monday, Oct. 5, against Detroit.

Kam Chancellor has missed two game cheques worth more than $500,000.
THE ASSOCIATED PRESS

Seattle coach Pete Carroll said the team is planning for Chancellor to play against Chicago, but said that would be assessed as the week goes on.

"He is an integral part of our communications and all of that, of course," Carroll said. "And he's better than anyone in the world at doing what he does for us. So there's always something that you miss, but that's well behind us and away we go."

At issue for Chancellor was his contract and having future money paid sooner. He signed a $28 million, four-year extension during the 2013 off-season but that did not take effect until a year later. The Seahawks refused to budge on restructuring a contract that had so much time remaining, believing it would lead to a stream of players seeking new deals in the early stages of their contracts.

THE ASSOCIATED PRESS

IN BRIEF

Manziel sent back to bench

Johnny Manziel stood by waiting for Josh McCown to finish his interview session before it was his turn to address the Browns' decision to change quarterbacks.

Manziel won't make his second straight start on Sunday, and his return to a backup role stung deeply.

He's on hold again.

"It's obviously disappointing," Manziel said Wednesday. "I'm not going to sit here and say that I love the decision."

McCown was cleared from the NFL's concussion protocol Wednesday after missing one game and will start this week against Oakland, moving back ahead of Manziel, who threw two touchdown passes and led the Browns to a 28-14 win over Tennessee.

THE ASSOCIATED PRESS

Celta Vigo stun Barca as Benzema puts Real top

Celta Vigo swept to a shock 4-1 victory over Barcelona, while Real Madrid went top of the Spanish standings with a 2-1 win over Athletic Bilbao on a mixed night for the title contenders. Two goals by Iago Aspas helped Celta to a convincing victory over Barcelona and second place in the table, level on 13 points with Madrid after five rounds.

Karim Benzema scored twice for Madrid, opening the scoring in the 19th minute after intercepting a terrible back-pass by Mikel San Jose and racing forward to steer the ball past goalkeeper Gorka Iraizoz.

Sabin Merino equalized with a header, the first goal Madrid goalkeeper Keylor Navas has conceded this season, but Benzema scored his fifth goal so far after latching onto Francisco (Isco) Alarcon's pass in the 70th. THE ASSOCIATED PRESS

Pocock shines for Aussies as brave Fiji fall again

Australia struggled to put away a spirited Fiji side playing its second game in five days at the Rugby World Cup, winning 28-13 mainly thanks to a quick brace of first-half tries from No. 8 David Pocock on Wednesday.

Pocock twice dived over at the base of rolling mauls to help the Australians to an 18-3 halftime lead in their first Pool A game of the tournament. Elsewhere, France made hard work of beating Romania in Pool D with a 38-11 win while Scotland beat giant killers Japan 45-10 in Pool B.

THE ASSOCIATED PRESS

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RECIPE Green Gazpacho

After hosting countless sunset dinner parties for friends and family, Katie Lee, co-host of The Food Network's The Kitchen, compiled her favourite summer recipes and entertaining tips into the Endless Summer Cookbook released earlier this year.

Here she shares a recipe for green gazpacho, "The avocado in this recipe adds an extra element of creaminess, and the lime juice evens out the flavors of the onion, garlic, and jalapeno."

Serves 6-8

Ingredients

- 2 pounds Green Zebra tomatoes, cored and coarsely chopped, plus 1 Green Zebra tomato, cut into small wedges, for garnish
- 1 unpeeled seedless cucumber, coarsely chopped, plus 1 finely diced unpeeled cucumber for garnish
- 1 sweet onion, coarsely chopped
- 1 Hass avocado, chopped
- 1 small jalapeno, seeded
- 1 clove garlic
- 2 Tbsp fresh lime juice
- 1 cup cold water
- 2 Tbsp fresh mint leaves, chopped, plus more whole leaves for garnish
- 2 Tbsp fresh cilantro leaves
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- Salt and freshly ground black pepper

Directions

1. In a blender, combine half of the coarsely chopped tomatoes, cucumber, and onion with the avocado, jalapeno, garlic, lime juice, and 1 cup cold water and blend until smooth. Transfer the purée to a large bowl.

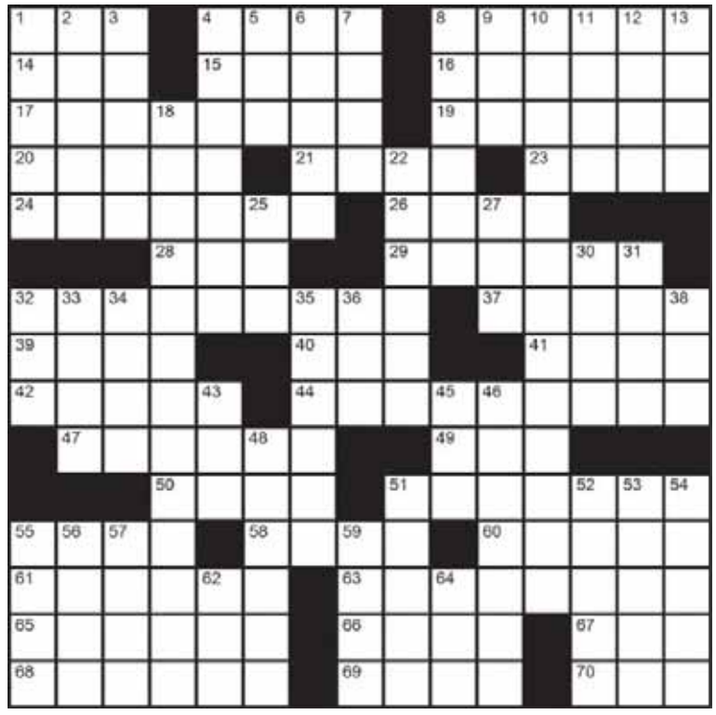
2. Add the remaining coarsely chopped tomatoes, cucumber, and onion to the blender along with the mint, cilantro, and oil and pulse to a chunky purée. Add the purée to the bowl and stir well. Refrigerate the soup until well chilled, about 1 hour.

3. Season the soup with salt and pepper to taste. Garnish with tomato wedges, diced cucumber, and mint leaves, and finish with a drizzle of oil. Serve cold.

AFP

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Paraguay/Brazil border river
4. Flee
8. Action hero played by "The Simpsons" character Rainier Wolfcastle
14. Mr. Bellamy
15. Narrative
16. Certain graduate
17. Football field
19. Transplant the plant
20. Let the tea sit
21. Legal occupation [abbr.]
23. Bellow
24. Beat
26. Bionic Woman's hometown in California
28. Edwin McCain's "__ Be"
29. Shows direction
32. Southern Alberta village near Lethbridge
37. Haida Gwaii - British Columbia... Anthony Island village which is a UNESCO World Heritage Site, __ Gwaay Llnagaay
39. __ B'rith
40. Tic-tac-toe win
41. Hold
42. Terra __
44. Tiered temples of ancient Mesopotamia
47. "Would you like me to?": 2 wds.
49. Numero __
50. Umbrella weather
51. Steadfast
55. H.G. Wells people
58. Decorative curved arch
60. Prefix with 'red'
61. Famous role for Johnny Weissmuller (b.1904 - d.1984)
63. Snugly wraps
65. Monty Python-er John
66. Manage
67. Summer hrs. in Toronto
68. Baroque composer of the oratorio Messiah
69. Inputted info [abbr.]
70. __ v. Wade

DOWN

1. Anxiety
2. Eastern Ontario town; or, Western Australia city
3. "Bon voyage!"
4. Draw in a dotted manner
5. Automobile
6. Take __ off (Relax)
7. Sleeping bag 'room'
8. Tori & Dean... Toronto-born chef/author Ms. Eustace: 2 wds.
9. Cavs, on a scoreboard
10. Old __ __ (Halifax cemetery founded in 1749 which is a National Historic Site of Canada)
11. Farm song bit: "Here __ __, there..."
12. "__ __ pronounce you..." (Altar words)
13. Of all of Canada [abbr.]
18. DMZ = __ Zone (Area separating North and South Korea)
22. Champion/leader: 2 wds.
25. Gremlin
27. Three-toed sloths
30. Scarlett's home
31. Annoyed state
32. American network
33. Artist Yoko, and surnamesakes
34. Tub
35. Flowing like molasses
36. French 'king'
38. Paper map's techie alternative
43. Tenn. neighbour
45. Stomach
46. Without assistance
48. Oscar-winner Mr. Barrymore
51. Apply a shirt button: 2 wds.
52. Raven, Cowboy or Patriot, e.g.
53. Words to live by
54. Potentially careless swiftness
55. Inscribe
56. Los Angeles = __ __ Land
57. _-__ Ishii ('Kill Bill' character)
59. 'Conval' suffix (Recuperate)
62. Peer Gynt's mother
64. __. No. (Building dweller's unit)

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You should find it a lot easier to sit down with others and discuss your problems. Prepare to meet them halfway and your relationships will go from strength to strength.

Taurus April 21 - May 21
Focus on the small print to make sure you are getting a good deal. You will have no one to blame but yourself if you overlook some apparently minor fact or figure and end up missing out on a major opportunity.

Gemini May 22 - June 21
Take advantage of the good things on offer and don't doubt for a moment that you deserve them. You have done so much good for others, now let them do something for you.

Cancer June 22 - July 23
Get tough with someone who refuses to face up to their problems. You could approach them with kindness but they've had plenty of that already. Tell them in no uncertain terms where they are going wrong.

Leo July 24 - Aug. 23
Someone is a bit depressed and needs you to cheer them up. Calm their fears and remind them that life is still wonderful — and you are a wonderful friend.

Virgo Aug. 24 - Sept. 23
You are strongly advised to make no hard and fast decisions until you have talked things over with people you trust. It could mean the difference between a big profit or a loss.

Libra Sept. 24 - Oct. 23
A whole new chapter in your life has begun and you will soon forget about recent worries and woes. The plans you make now will set you on a more exciting course through life.

Scorpio Oct. 24 - Nov. 22
Partners and loved ones will want you to join in with their plans today and you would be wise to make the effort. The more you do for others now the more they will do for you.

Sagittarius Nov. 23 - Dec. 21
You have a great deal of emotional energy at your disposal now — use it wisely. The last thing you want is to find yourself bickering with partners and loved ones for no good reason. Always aim for your highest ideal.

Capricorn Dec. 22 - Jan. 20
The Sun in Libra at this time of the year can help you reach your rightful place in the world which is, of course, at the very top. Give some thought as to what you want to accomplish and then make it happen.

Aquarius Jan. 21 - Feb. 19
Something is about to happen that will force you to question your view of the world, especially if that view is ultra rational and materialistic. Don't fight against it. The world is a stranger place than you know.

Pisces Feb. 20 - March 20
You do not need to ask permission to enjoy yourself, nor do you need to ask if it's okay to make money. Great riches can be yours.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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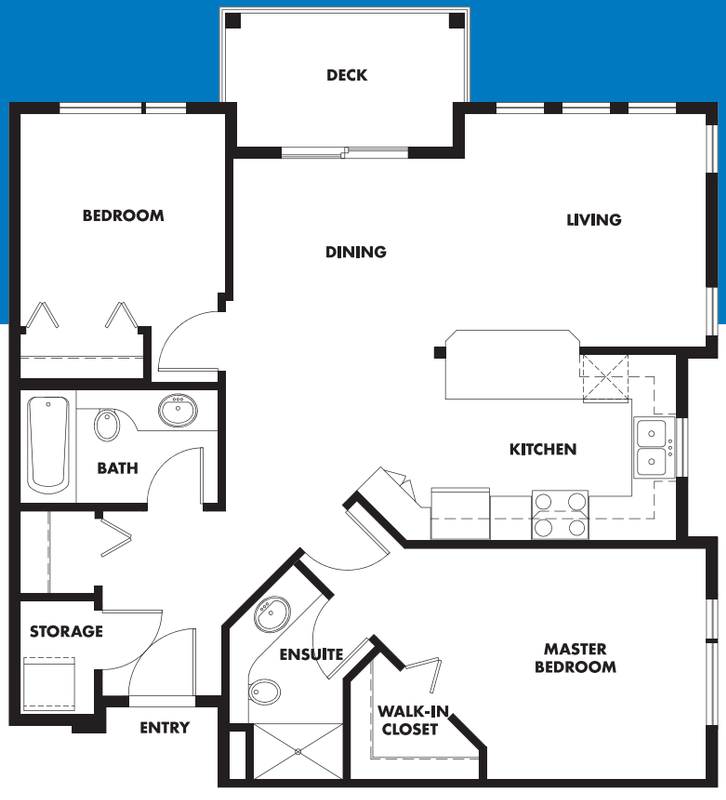

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